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SEARCH IS ON TO FIND EVIL DOG KILLERS

■ BY SIMON ROBINSON

THE dead bodies of tortured dogs are being dumped at a Medway beauty spot.

Four times walkers have called police and RSPCA officers after finding the mutilated corpses in Woudham Woods.

Three German shepherds – one adult and two puppies – a Jack Russell terrier and a Staffordshire bull terrier have been found in the same area in the past month.

Sickened RSPCA inspectors said all the animals had been tortured before being killed.

The little Jack Russell's broken body was found yesterday morning, in the latest attack.

The adult German shepherd had



TORTURED: Dumped body of German shepherd suffered a broken leg, a broken back and deep cuts all over its body.

RSPCA wardens have been called back to the same spot repeatedly in the past few weeks, finding two dead six-month old puppies and then a dead Staffordshire bull terrier.

They had all suffered similar injuries.

The RSPCA released pictures of the

dogs' horrendous wounds but most are too distressing to publish.

RSPCA Inspector Alana Chapman said: "It is horrible. These dogs have all been found with these horrific injuries. We are trying to trace owners."

These discoveries come five weeks after two yobs kicked an 11-year-old Golden Retriever to death in broad daylight.

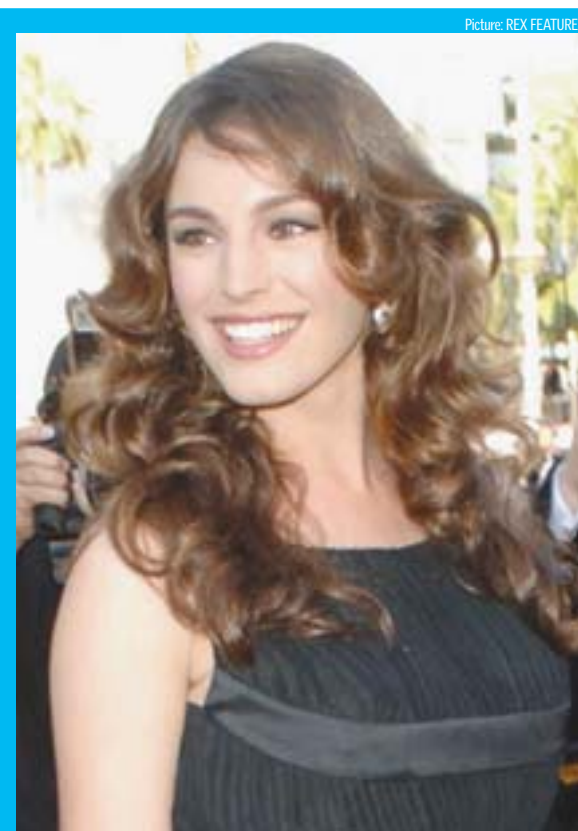
The RSPCA revealed Bailey was attacked in Albany Road, Chatham, as he was taken for a walk.

He suffered broken ribs and a punctured lung and vets were unable to save his life.

Insp Chapman said: "This attack last month was horrific which came totally out of the blue."

"We would like to hear from anyone with any information."

• Anyone with any information is asked to contact the RSPCA in confidence on 0300 1234 999.



Picture: REX FEATURES

COWELL CUTS KELLY OUT OF BRITAIN'S GOT TALENT

Glamour girl Kelly Brook joined the judging panel of Britain's Got Talent... and left after six days.

The model and actress who was born in Rochester and lives in Grafty Green near Maidstone joined Simon Cowell, Piers Morgan and Amanda Holden as a judge for the third series of the show this spring.

One reason given was that she slowed down the pace of the programme. But other reports said Kelly was unsuitable for the role and struggled to find something to say.

Teenage breakdancer George Sampson won the second series of the show, presented by Ant McPartlin and Dec Donnelly, in May.

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Baby P case at root of review to child safety

■ BY SIMON ROBINSON

COUNCIL bosses were last night expected to set up a specialist child protection task group in the wake of the horrific Baby P neglect case.

The hand-picked task group will be charged with "considering safeguarding arrangements" to ensure a repeat of the much-publicised Baby P death does not occur in Medway.

There are currently 180 Medway children who are being watched by the authorities and are subject to a child protection plan, having suffered from neglect or sexual, physical or emotional abuse.

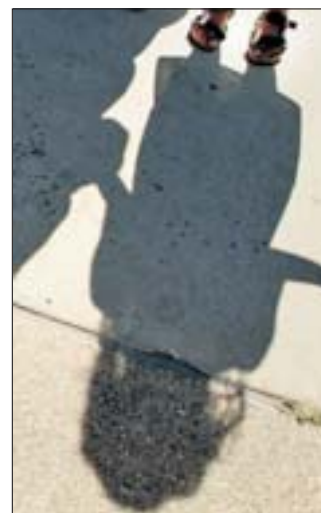
The proposed task group will scrutinise various reports arising from the horrific death of Baby P as well as the Medway Safeguarding Children Board's independent review of child protection cases. They will then feed back to Cabinet with recommendations for any changes required to policy, practice and resourcing.

A council report written by MSCB manager Sally Mortimore said: "Following the death of Baby P in August 2007 and the recent series of reports that have been published by Ofsted and the Government on child protection, arrangements for the ways in which children are safeguarded have come in for close scrutiny both nationally and locally."

"At the committee's meeting held in early December 2008, members requested a written report be prepared by the independent chair of the MSCB and proposed that a task group be set up to consider safeguarding arrangements in Medway."

A suggested timeline for the task group's work starts from as early as next month.

During the first two weeks of February, the group would receive a



WATCHING: A new task group is expected

briefing on child protection arrangement and training to clarify existing procedures and practice.

The latter part of the month would be filled with the preliminary feedback from the second serious case review of the Baby P case, Lord Laming's second review of national safeguarding measures and the MSCB independent review of child protection cases.

By March the group will hold a meeting to consider all the details of these reports and plan their next steps.

Baby P died at the age of just 17 months after suffering more than 50 horrific injuries at a North London home. The boy's mother, her boyfriend, and their lodger, Jason Owen, were all convicted of causing or allowing the death of a child.

Following their conviction inquiries were carried out into the London Borough of Haringey's child protection services and a nationwide review of social service care was undertaken.

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NEWS IN BRIEF

Ex mayor dies, aged 91

THE funeral of former Gillingham borough council leader Freddie Cooper will take place on Friday.

The service for the respected politician, who passed away earlier this month at the age of 91, will be held at St Margaret's Church in Rainham at 10am. A private service will then take place at Medway Crematorium.

During a long council career Mr Cooper held a number of positions including the role of Gillingham mayor and Gillingham borough council leader.

Tales of the high seas

PUPPET storytelling sessions will be held at Chatham Historic Dockyard next month during the school holidays.

HMS Cavalier's ship's cat Jasper will be on hand to tell tales of her feline friends' time on the high seas.

The sessions will take place daily from Saturday to Sunday, February 14-22 on board HMS Cavalier.

All activities are included in the normal admission prices and return visits with the 12-month tickets are valid throughout the school holiday period.

Centring on new art

TWO new exhibitions have gone on show at Rochester's visitor information centre.

Works produced by Medway-based artist Malcolm Attyrde and Manchester City College artist in residence Miranda Meilleur will be on display until March 15.

The gallery is open Monday to Saturday from 10am-5pm and Sundays from 10.30am-5pm. For more information visit www.sinter.co.uk and www.mirandameilleur.co.uk.

£4m boost for roads

COUNCIL chiefs have unveiled plans to invest an extra £4 million into improving Medway's road network during the next two years.

Front line services boss Phil Filmer made the announcement at a regeneration meeting last week and reaffirmed the council's commitment to weekly rubbish collections.

Councillor Filmer said the extra cash would allow more of the area's 600 miles of roads and 1,200 miles of pavements to be maintained.

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Online census gives an insight into bygone era

■ BY SIMON ROBINSON

CENSUS forms listing details of millions of people living in the Edwardian era have been posted online – giving a snapshot of what life was like nearly 100 years ago.

The comprehensive 1911 Census website holds more than 36 million records, with each one providing a wealth of information.

The website, which went online last week, offers the chance to find out who lived in their home, cooked in their kitchen and slept in their bedrooms exactly 98 years ago.

Each entry lists the name, age, profession, birthplace and nationality for every household in England and Wales.

And in Medway there is a fascinating snapshot of life at the beginning of the last century.

The records show William Atchinson, his wife Charlotte, their two children and a lodger had the honour of living in Charles Dickens' former home in Ordnance Terrace, Chatham.

Mr Atchinson, a carpenter who lists himself as 47 at the time of the census, lived in the house with his wife of 24 years, 18-year-old son William, also a carpenter, nine-year-old daughter Louisa and a 27-year-old London-born boarder called George Blewett.

All of the Atchinsons are Chatham-born, apart from young William, whose birthplace is given as Dayton, Ohio, USA, which suggests Mr Atchinson, like many working people at the turn of the century, had tried to start a life on the other side of the Atlantic.



HISTORIC: Records in the census reveal who lived in Dickens' old homes in Ordnance Terrace and Restoration House



Picture: PHIL HOUGHTON

Dickens had lived in that house from 1817 to 1821, when his father's naval connections saw the family move to the area when the famous writer was just five-years-old.

One of the buildings featured in Dickens' work, Restoration House in Rochester, was lived in by 14 tenants in 1911 according to the census. Samuel James Whawell, 53, his wife, two school-aged children and two servants lived in one property on the historic site, which acted as Satis House in Great Expectations.

Dental surgeon Ernest Shrubsole also provided details for his family's time at Upper Restoration House. Mr Shrubsole lived with wife Jessie, mother-in-law Fanny Owen and his two young children. The Shrubsole's also employed three single, female servants – a cook, a nurse and a housemaid.

Friends of Medway Archives chairman Tessa Towner said the census had a lot to offer.

She said: "The website is great. There's a wealth of information on display. I spent £50 on the site in the first two days. I've looked for my grandparents and all my great grandparents."

"I've been able to confirm addresses of where my family lived and find out other information that would have otherwise been like looking for a needle in a haystack."

"My great grandmother was a bit of an elusive character, but through the website I've been able to find the last bit of information I needed about her youngest daughter."

"The site's got details of where they were living and every household has its own page. I think a lot of people who are interested in their family history will be itching to get on the website."



VIOLENT: Harper left his victim with 15cm cut

Attacker 'serious risk to the public'

LEE David Harper has been jailed for three-and-a-half years for slashing a homeless man across the face with a knife.

The 34-year-old, who also goes by the name of Chamberlain, lashed out at his victim on a riverside pathway in Maidstone in May.

The 42-year-old homeless man suffered a deep 15cm cut across his face, causing massive blood loss. His life was only saved by urgent medical treatment.

Passing sentence at Maidstone Crown Court on Thursday, Judge Philip Statman said Harper, previously of Bligh Way, Rochester, was of "serious risk to the public".

Detective Inspector Susan Harper of Maidstone Area Crime Unit said: "It is only thanks to the skill and quick reactions of the paramedics and then hospital surgical teams at Maidstone and East Grinstead who treated the victim that saved the victim's life."

"I would like to thank the investigation team whose exceptional work on this difficult and complex case brought about the guilty plea of Mr Harper which will place this dangerous man behind bars."

Paralympian will seize the day at lecture

DAME Tanni Grey Thompson, the 11-time Paralympic gold medallist, will visit Medway next month to give an inspirational lecture.

Tanni, who picked up an impressive 16 Paralympic medals and competed in events ranging from 100m to the marathon, will present a lecture entitled Seize the Day: The Battle to be the Best at the University of Kent's Chatham Maritime campus on February 10.

The talk will focus on fighting for equality, the importance of the Paralympics in changing attitudes to disability sport and how Medway can maximize the benefits of the 2012 Games.

The lecture will be held at the Pilkington Building and starts at 6pm. Drinks are available from 5.30pm.

Tickets are free, but there are a limited number available and these will be allocated on a first come, first serve basis.

To be sure of your seat, book a place by calling Emma Spencer on 01634 331055 or e-mailing Emma.spencer@medway.org.uk by Tuesday January 27.

When you book your tickets please state if you have any specific access, or other requirements.

GCSE exam results best-ever but fail to hit national targets

MORE than half of Medway's students fell short of a core GCSE target, new figures have revealed.

The Government statistics, published today, show 52 per cent of youngsters failed to attain the benchmark result of five or more A* to C grades including English and mathematics. This shocking stat is in line with the national figure.

Broader categories paint a more positive picture of our results, with two thirds of Medway students achieved five or more A* to C grades in their 2007/2008 exams – more than ever before and one per cent above the national level.

Ninety three per cent of pupils gained at least five A* to G grades, once again one per cent up on the national result. The GCSE exam results are Medway's best-ever and the fourth year-on-year improvement in attainment.

Medway Council's children's services boss Les Wicks said: "We have seen some exceptional results and I would like to congratulate all the young people and teaching staff who have worked so hard and done so well."

Medway's post-16 results came in under the national average.

Although attainment rose for the third year in succession, the average point score for Medway pupils came in at 696.7, well below the overall average of 739.8.

Medway Council's children and adult services director Rose Collinson said: "Overall at Key Stage 4 and post-16 these tables represent good news for Medway's students and schools. Our young people are staying on and, increasingly, succeeding in learning. We are working hard with the Government National Challenge team to ensure all our schools secure the best possible outcomes for their pupils. Our schools have a strong record of improvement and I am confident that we will reach the government target of having no Medway school below the National Challenge level by 2011."

• See the complete tables by logging on to www.yourmedway.co.uk.



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NEWS IN BRIEF

Fresh hopes to re-open four closed post offices

COUNCIL chiefs are set to call on the government to re-open four post offices.

The sub post offices in Strood, Brompton, Gillingham and Rainham were closed last year as part of Royal Mail's plans to stem heavy financial losses.

But following the government's decision to allow the Post Office to keep control of its popular card account system, Conservative councillors have called for the branches to be re-opened.

Fostering records need updating for child safety

COUNCIL bosses are urging residents to play a part in securing the safety of youngsters across Medway.

Children's services chiefs are concerned about the well-being of children who are being cared for by someone who is not a direct relative – a situation dubbed private fostering.

For more information about private fostering call 01634 334466 or visit www.medway.gov.uk/fostering.

Have your say in policing for community safety

RESIDENTS are being invited to share their views on policing at a Partners and Communities Together meeting.

The meeting, in the Trafalgar Maid pub, Warner Street, Chatham, will be chaired by PC Richard Strable and PCSO Rachel Delahay on Thursday, January 29 at 7.30pm.

PCSO Delahay said: "PACT gives every individual the chance to influence what happens in their neighbourhood."

It's time to get creative and improve our parks

ARTISTS are being urged to help shape the future of two popular recreation grounds.

Council bosses are calling on creative readers to give Riverside Country Park in Rainham and Jackson's Recreation Ground in Rochester a facelift after securing nearly £300,000 in Big Lottery Fund cash.

The Big Lottery Fund has given £178,000 to Jackson's Recreation Ground and £112,000 to Riverside Country Park.

For details see

Agents still positive despite price drop

■ BY SIMON ROBINSON

HOUSE prices across Medway have slumped by up to 15 per cent in the last year, according to the towns' estate agents.

Experts at three firms across Medway said property values fell by between 10 and 15 per cent during the past 12 months, but the industry was on the up.

Matt Allen, sales manager at the Chatham branch of Robinson Michael Jackson, said: "House prices across the country have dropped by 16 per cent. In Medway I think they've fallen by between 10 and 15 per cent. We've fared slightly better because of the regeneration in Medway and the new high-speed commuter services into London."

Ward and Partners' Gillingham branch partner Gary Sneddon said: "All the statistics I've seen are saying the drop across the country has been about 15 to 16 per cent. I think we're about the same."

Rochester Lettings' owner Nigel Garrett, who has suspended the sales side of his business as a result of the slump, added: "The national figure of a 10 per cent fall in prices is rubbish as it is purely based on sales that have gone through."

"This statistic does not show the thousands upon thousands of homes that have been on the market for years and are not selling



HOPE: Despite a drop in house prices estate agents appear to be generally positive about the state of the market

despite constantly dropping the asking price.

"The real fall is a complete stab in the dark. I would say it's about 15 per cent for both the Medway and the country as a whole."

The estate agents offered a glimmer of hope to those trying to sell their homes or climb the property ladder, saying today's market is stronger than it was in January 2008.

Mr Allen said: "Last January there was uncertainty about the year ahead in the housing market but now we have been through the worst of it so there is more confidence going into 2009."

Mr Sneddon, whose firm deals with properties in lower Gillingham, added: "I think the situation between January 2008 and now is fairly similar. It's very early stages, I usually look at the market at the end of the month.

"I think we will soon see an increase in demand, though. The issue now is the lack of properties coming on the market as more properties tend to stimulate buyer activity."

Mr Garrett took a different view, however, saying renting and letting were the smarter options.

He said: "As a person who works in the housing and investment industries I'm saying to customers that now is not a good time to buy."

"Why buy now when the value is likely to go down when you can wait six to 12 months and get the same property for £20,000 to £30,000 less?"

• For our full report on housing across Kent go to www.kentnews.co.uk/readmore.

• Find out how you can save money by buying a bigger home. Turn to Property on page 51.



Two years of roads hell ahead

MOTORISTS are set to endure two years of "considerable disruption" while road and regeneration works are carried out, according to the leader of Medway Council.

Contractors are set to up tools in Chatham town centre from next month.

Their first job is to open up a temporary bus, taxi and cycle route around the Sir John Hawkins Way flyover, which will be pulled down in May.

Council chiefs said the two-year, £1.6 million phase of works will ease congestion for years to come and see massive private and public sector investment pour into the area.

Medway Council leader Rodney Chambers appealed for patience from Medway residents.

He said: "This first phase of work, and the phases that follow, are complex and will take two years to complete."

"At times there will be considerable disruption. This is unavoidable. But the work is vital to Chatham's future."

"Without it, the successful regeneration of Chatham would not be possible."

The temporary bus route will run from Railway Street, through the Sir John Hawkins Way flyover, along the High Street, past Sun Pier and finally along Medway Street.



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VISIT: Justice Minister Shahid Malik with Kent Probation's chief officer Sarah Billiald in Rochester Cemetery

MP horrified by public abuse of petty criminals

A JUSTICE minister has dished out a stark warning to those abusing offenders on community punishments wearing the controversial orange high visibility vests.

Shahid Malik, who was visiting a Kent Probation project this week, said incidents in Medway of petty criminals being threatened with violence were "unacceptable".

The MP for Dewsbury said: "I think it is completely unacceptable that anyone thinks they have a right to abuse anyone."

"It is a disgrace and it is not what our society allows and not the values we promote."

"It is a completely unacceptable act and those people might find they are the ones wearing these high visibility vests with community payback on them themselves."

Mr Malik oversaw offenders removing rubbish and debris from the alleyways next to Rochester Cemetery on Tuesday afternoon.

His visit came after Kent Probation was forced to temporarily withdraw the high visibility vests from two 'community payback' projects in Medway before Christmas because offenders were threatened with violence from members of the public.

Since the Government introduced the vests on December 1, the National Association of Probation Officers (Napo) reported there had

■ BY JENNA PUDELEK

been incidences across the country of offenders wearing the vests being abused, jeered at and even having 'missiles' thrown at them.

National and local paper website message boards filled with readers' comments such as "So what... Maybe then the offenders will feel real shame and guilt at the action which brought them to be on the receiving end of it" and "PATHETIC - they deserve everything they get".

But Mr Malik argued the vests had been a success in showing the public the criminal justice system was visibly working.

He said although crime has been reduced by 35 per cent since Labour came to power in 1997, people's fear of crime was still significantly high and the Government was taking steps to address that.

Kent Probation's Chief Officer, Sarah Billiald, said: "Kent Probation enforces the wearing of vests at all of its community payback sites because it is important justice is seen to be done."

"High visibility vests were temporarily withdrawn at two Medway sites following threats of violence towards staff and offenders. Kent Probation supervises around 1,000 offenders on Community Payback every week. This issue affected less than 20 offenders."

Weekend ready for New Year celebration

DAZZLING dragons will march through Chatham High Street this weekend as part of the Chinese New Year celebrations.

The vibrant displays will be joined in the High Street by a host of energetic drum and dance troupes on Saturday and Sunday to mark the beginning of the Year of the Ox.

The annual parade will be staged under the Sir John Hawkins Way flyover from noon on Saturday and Sunday.

To watch a clip of last year's parade visit www.yourkenttv.co.uk and search 'Chinese'.

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NEWS IN BRIEF

Naval anniversary nears

DOCKYARD bosses have unveiled a bumper events programme for 2009 - to mark the 25th anniversary of the former naval stronghold's trust.

Chatham Historic Dockyard Trust will pass the quarter of a century mark on April 1. Visitors will be treated to a 25-gun salute, a piece of celebration cake and a glass of bubbly. This will be followed by a wide range of events starting with the annual Medway Festival of Steam and Transport and ending with the Salute to the 40s flashback.

A spokesman said: "Since 1984, the trust has created a unique, vibrant and world-class heritage environment providing homes, work places and unrivalled visitor experiences. The exciting programme of events at The Historic Dockyard this year offers great value for money and fantastic additional reasons to visit with family and friends, whether for day trips or as part of a short break."

Evil brothers caged

TWO paedophile brothers have been jailed for life for "some of the gravest crimes committed against children" over 20 years.

Lee Wicks, 41, from Sheppey, and Colin Wicks, 46, from Chatham, were found guilty of a total of 33 different sexual offences including rape and indecent assault.

They were sentenced at Maidstone Crown Court on Monday, along with 42-year-old Tina Butcher, from Gillingham, who helped Lee rape one victim. She got eight years.

Judge Philip Statman said the Wickses had treated their victims as "sex toys to satisfy their sexual proclivities".

The sic k brothers will be eligible for parole after just nine-and-a-half years, and Butcher must serve at least four.

All three were found guilty of their crimes at the end of a seven-week trial in November.

Lee Wicks was convicted of 25 different sexual offences, including rape, sexual assault of a child, indecency with a child and indecent assault.

Colin Wicks was found guilty of eight different offences, including rape, incitement to commit a serious sexual offence, indecency with a child and indecent assault.

The trio will all have to sign the sex offenders register upon their release from prison and will remain on it for life.

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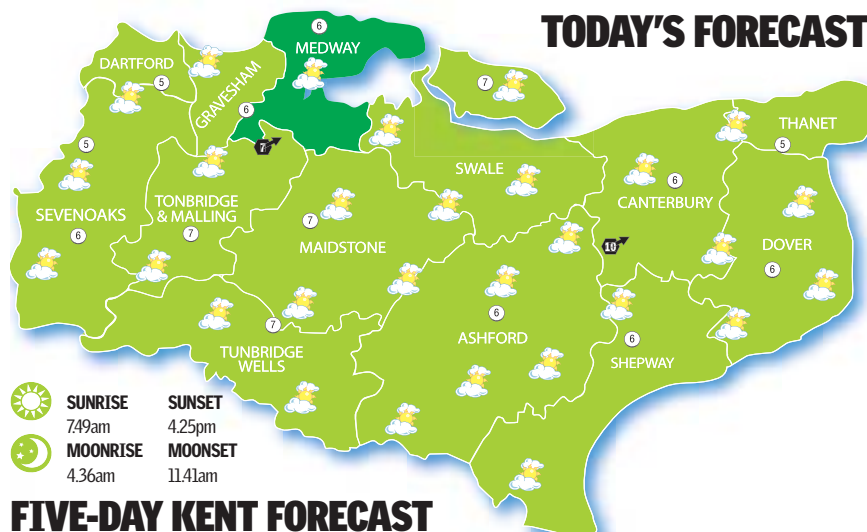
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	Sunday	10:44am	6.0m
Dungeness	Saturday	9:50am	6.6m
	Sunday	10:33am	6.8m
Ramsgate	Saturday	10:36am	4.4m
	Sunday	11:14am	4.6m
Sheerness	Saturday	11:37am	5.2m
	Sunday	12:18pm	5.3m
Whitstable	Saturday	11:47am	4.8m
	Sunday	12:29pm	4.9m



AROUND THE WORLD YESTERDAY

Amsterdam	5°C	Madrid	12°C
Athens	17°C	New York	-2°C
Barcelona	13°C	Paris	12°C
Beijing	4°C	Rome	14°C
Bombay	32°C	Sydney	26°C
Cape Town	27°C	Tenerife	19°C
Cardiff	6°C	Tokyo	14°C
Gibraltar	14°C	Vancouver	3°C
Hong Kong	24°C	Warsaw	1°C
Las Palmas	18°C	Wellington	17°C

SUNRISE 7:49am
SUNSET 4:25pm
MOONRISE 4:36am
MOONSET 11:41am

FIVE-DAY KENT FORECAST

	Thur	Fri	Sat	Sun	Mon		Thur	Fri	Sat	Sun	Mon
Ashford	7°C	7°C	8°C	9°C	8°C	Gravesend	6°C	6°C	8°C	9°C	9°C
Canterbury	6°C	5°C	7°C	8°C	7°C	Maidstone	6°C	6°C	8°C	10°C	8°C
Chatham	6°C	6°C	9°C	9°C	8°C	Ramsgate	6°C	5°C	7°C	8°C	7°C
Dartford	6°C	6°C	8°C	9°C	9°C	Rochester	6°C	6°C	9°C	9°C	8°C
Dover	6°C	6°C	6°C	7°C	7°C	Sevenoaks	5°C	5°C	7°C	8°C	7°C
Faversham	6°C	6°C	9°C	9°C	8°C	Sittingbourne	6°C	6°C	9°C	9°C	8°C
Folkestone	6°C	6°C	6°C	7°C	7°C	Tonbridge	6°C	6°C	8°C	9°C	8°C
Gillingham	6°C	6°C	9°C	9°C	8°C	Tun Wells	6°C	6°C	8°C	9°C	8°C

Boris backs fight against Heathrow's third runway

LONDON Mayor Boris Johnson has pledged to support any legal challenge to the Government's approval of a third runway at Heathrow Airport – and continues to press for a development off the coast of Sheppey.

The Government gave the go-ahead in the face of strong opposition, promising to meet air quality and noise targets.

But Mr Johnson said he was concerned proper processes had not been followed and said he would back legal challenges which look set to be issued by some London councils.

The mayor had suggested an airport be built in the Thames Estuary as an alternative to Heathrow expansion, but the so-called "Boris Island" has received widespread derision from politicians of all parties and local environmental campaigners.

However a study into the feasibility of the plan is still set to go ahead with some suggestions that any development be based on a similar project in Hong Kong.

Mr Johnson also restated his opposition to Heathrow expansion plans.

He said: "This is a truly devastating blow for millions of Londoners.

"I am deeply concerned that the proper processes of coming to this decision may not have been followed, and will support a legal challenge should this prove to be the case."

Darren Johnson, chair of the London Assembly's Environment Committee, called the approval a "massive mistake" while the Rail, Maritime and Transport Union said it was a "major setback."

Mr Johnson favours a four-runway hub off Sheppey which could easily



CONCERNED: London Mayor, Boris Johnson

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QUESTION & ANSWER

SUSAN POPE



Q Tell me a little about yourself.

A At 64 years of age I am on the cusp of retirement, but with the publication of my debut novel this month, life is taking on a new chapter. My two children, Diane and Michael are settled in homes of their own and my husband Albert Mark is a retired photographer. He lost his sight several years ago and much of my time is spent caring for him. The rest is devoted to writing.

Q What's the name of your new book and what's it about?

A My book is called Lighter Than Air. It is primarily a love story set in two time scales. It tells the story of modern RAF war hero, Jonno Amis, who relives the life of airship mechanic, Karl in the 1930's. In a fascinating past-life time-shift to pre-war Germany and the era of the giant Zeppelins, he witnesses the construction of the Hindenburg airship and experiences Karl's desperate efforts to smuggle his Jewish fiancée Elizabeth, out of Nazi Germany.

Q Who's your favourite author and why?

A I have several, but the one I most admire is Frederick Forsythe. He can take a piece of history, even a very recent political situation and weave a fictional story and characters around true facts, events and real people. You end up believing that his version of events is what real-

ly happened. That to me is pure magic, and it is what I have set out to do in Lighter Than Air.

Q How difficult a process is writing a novel?

A I can only speak from my own experience. This book has been seven years in the making. The outline for the basic story came to me quickly. I knew I would have to do a lot of careful research on several aspects touched on within the book. Not least of these was the history of the Hindenburg airship itself and the political setting in Germany at the time. Research is itself a wonderful and revealing process. I made some very good friends during this time. The story moulded itself. Often my research provided answers to where the characters should go next and what should happen to them.

Q What tips have you got for aspiring authors?

A There is no magic formula. I have been very lucky and now my story is published. I think, particularly for a first novel, that your story has to capture the public's imagination and have a very wide appeal. The competition is very fierce. There are thousands of aspiring writers out there. Even when you are published, the job of marketing your precious story as a product to the public is very daunting. You have to believe in yourself, and be confident that your book will give reading pleasure to others. I am sure my readers will not be disappointed.

Q What hopes do you have for Lighter Than Air?

A I would like to feel that everyone who buys a copy of my book will enjoy reading it. I loved writing this story and I want to share that experience with as many people as possible. I hosted a Launch Party in Rochester last week where we showed film clips of the giant Zeppelins flying and shots of the Hindenburg disaster itself. Everyone who attended said it captured the atmosphere of the time and of my story. I hope the book sells well through my local promotions. I also hope that at some point it will receive some critical acclaim through the national media or a television programme. I have nominated the charity The Special Trustees of Moorfields Eye Hospital to benefit from the sales of my book. My husband's blindness is through the inherited eye disease glaucoma. I want to contribute towards the amazing research being undertaken at Moorfields Eye Hospital into genetically inherited eye disease. Details of this are to be found on my Lighter Than Air website: www.susan-pope.co.uk.

Q Any plans for novel number two?

A I would like to write another story with a time-shift factor. I have several ideas and will start with the research first. The characters and story will come from that I am sure, but Lighter Than Air will be a hard act to follow.

Q&A

Simon Robinson talks to 64-year-old author Susan Pope about her debut historical novel, Lighter Than Air and why the proceeds from the sale of her book are going to a cause that is very close to her heart

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EDITOR'S CHOICE

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Fat chance to win money

NHS scheme to offer obese cash incentive for losing weight

BY JENNA PUDELEK

OBESSE people are set to receive cash rewards from the NHS of more than £400 for losing weight.

But the Tories' health spokesman said he was "sceptical" about using taxpayers' cash to reward people for dieting.

East Kent health bosses are calling for hundreds of overweight men and women to take part in the trial and dieters can choose from cash or vouchers for holidays and shopping for dropping a few dress sizes or losing their beer bellies.

Rewards range from £70 for shifting 15lbs, to £425 for losing 50lbs and keeping it off for six months.

Shadow health secretary, Andrew Lansley, said: "While incentive schemes can be useful in helping people to lose weight, we are extremely sceptical about whether public money should be handed over in this manner.

Exercise

"Incentives should be geared around sustaining people's drive to lose weight, for example by encouraging them to do more exercise, not simply handing over taxpayers' hard-earned money."

But the country is facing an obesity crisis - the NHS in east Kent alone spends around £200million a year treating people for diseases linked to being obese or overweight such as type 2 diabetes, heart disease and cancer.

NHS Eastern and Coastal Kent's public health specialist Claire Martin said: "In east Kent one in four people are obese so it is very clear that people need help to achieve a healthy weight.

"The whole issue of increasing levels of obesity is very complex and is clearly not just about choice.

"The annual cost to the NHS in east Kent is one fifth of its annual budget - so we need to look at ways of reducing this cost locally."



Picture: BEX FEATURES

INCENTIVE: Health bosses are calling on the obese to take part in trial to earn rewards for shedding excess pounds

If the 'pounds for pounds' trial is successful and value for money it could be rolled out across the county and nationally.

The NHS in west Kent forks out £130million and in Medway £70million a year treating the overweight and obese.

Nationally more than 9,000 people die too young from obesity.

Government figures show that by 2015 the county's taxpayers will be spending £448million on the over-eating and under-exercising crisis.

Obesity specialist Ms Martin said the focus of the Kent scheme would reward for gradual weight loss, a balanced diet and lifestyle.

Its aim is long-term weight control, she said.

But experts say many people over eat for emotional reasons and can turn to food like

some turn to drugs or alcohol.

Asked whether the dieters will be too motivated by the money and revert to their fatty food habits after collecting the cash, Ms Martin said: "We recognise that achieving a healthy weight is complex and different levels of service need to be put in place for different people.

"For a proportion of the population the trial might be the programme that makes the difference for them.

"For others, a more specialised service will be required and we are investing in other programmes that address greater complexities within individuals as to why they have difficulty achieving a healthy weight."

• If you want to take part in the trial visit www.nhsweight-losstrial.com or call the helpline on 0800 849 4000.



POP IDOLS: The Cheeky Girls visited school in Sevenoaks

Cheeky little visit for singing pupils

POP beauties The Cheeky Girls were in Kent last week to hand over the prizes in a major school music competition.

They met pupils at the Sevenoaks Preparatory School, who won the Royal London Society for the Blind's inaugural White Christmas singing competition.

Keen RLSB supporters The Cheeky Girls judged the competition for the RLSB, and then listened to the winning pupils from Sevenoaks Preparatory School perform their successful version of the classic, Ave Maria.

The winners will also be recording their winning song at the school's sound studio.

Year Six pupil Jordan said: "It's been great to meet the Cheeky Girls, and I'm certain we can defend our title next time."

The Cheeky Girls do not charge for their appearances for the RLSB.

Monica Irimia, said: "Gaby and I have been delighted to be judges in this singing competition for the RLSB, and it's been great fun to meet and listen to the children from local schools. We'll definitely be back again for judge the next one."

Second and third places went to Dunton Green Primary and Seal Primary respectively.

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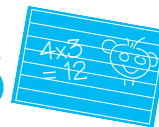
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BREAK TIME



DANCE 4 YOUR LIFE: Trial begins in February

Pupils will step up to the challenge

YOUNGSTERS at three Medway schools will get into the groove next month as part of a creative dance and science project.

Pupils from The Hundred of Hoo School, Rainham School for Girls and Chatham Grammar School for Boys will take on the Dance 4 Your Life trial.

The music scheme aims to increase awareness of the health benefits of dance, prove the positive benefits that dance has on young people and assess attitudes to continuing a healthy lifestyle.

Professional dance artists will lead the course, while researchers from the Laban dance training institution will measure the effects on the youngsters' aerobic capacity, cardiovascular endurance, lung capacity and function, flexibility or range of motion, and self esteem.

Dance 4 Your Life project manager Michelle Chorley said: "The programme will seek to increase motivation, improve attitudes towards dance and encourage young people to make healthy lifestyle choices."

Science provides a sweet solution for fudge business

■ BY SIMON ROBINSON

SCIENTISTS at the University of Greenwich at Medway have solved a confectionery conundrum – helping a fudge firm out of a sticky situation.

Food safety expert Linda Nicolaides and graduate Julie Crenn worked together to solve a shelf-life problem for Jim Garrahy's Fudge Kitchen, which has seven stores across the UK including one in Canterbury.

The company – which makes all its 20 fresh flavours of fudge by hand at its headquarters in Lyminge – had been planning to supply its product wholesale to farm shops, delicatessens and other retail outlets.

But the Kitchen's tasty treats do not contain butter, giving the fudge a shelf-life of just a week.

Food technologist Julie Crenn was chosen to help solve the problem.

Splitting her time between the Canterbury shop and University of Greenwich laboratories, Julie looked at different natural ingredients that might help prolong the life of the fudge but she had a strict brief to follow.

Jim Garrahy's Fudge Kitchen manager Sian Holt said: "We didn't want the appearance, taste or texture of the fudge to change as they are our unique selling points. The great part of having Julie work with us was she was able to be part of our team on site and learn about how a commercial enterprise works while at the same time putting her scientific expertise into practice to our benefit."



SPOONFUL OF SUGAR: Graduate Julie Crenn (left) gets to work helping Sian Holt (right) solve her shelf-life problem

"After extensive research, she recommended a change to the sugar levels in our product, which didn't affect its overall quality or taste but did allow it have a shelf-life of more than three weeks."

"Julie has now been teaching all our shop staff across the country how to make the new recipe."

"During the next two years we will be heavily marketing our new option of wholesaling the product and the end of that period I believe we can expect about £200,000 of turnover to be

added to the business."

Linda Nicolaides added: "Our work with the Fudge Kitchen was the first collaborative project to be funded under SEEDA's Business Plus scheme and has been a great success. Sian approached us at a time when her business was ready and needed to grow."

"Through using our expertise we have managed to extend the shelf-life of her product by more than 200 per cent and given her access to markets she couldn't reach before."

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Joanna slams 'exaggerated' cost of letting Gurkhas stay in the UK

■ BY STEVE KNIGHT

ACTRESS Joanna Lumley has declared war on the Ministry of Defence for "exaggerating" the cost of allowing retired Gurkhas to settle in the UK.

Last September, High Court judges ruled the current system of allowing only those soldiers who retired after 1997 to remain in the UK was unlawful and ordered the Home Office to come up with new rules.

Former Absolutely Fabulous star Lumley is backing a national campaign to secure equal rights for the Nepalese fighters, many of whom are based in Kent.

Shorncliffe Barracks in Folkestone is home to the 2nd Battalion The Royal Gurkha Rifles, who are currently serving in Afghanistan,



BATTLE: Joanna Lumley is fighting for Gurkhas' rights

while almost half the soldiers from the Maidstone-based 36 Engineers Regiment are Queen's Gurkha Engineers.

Responding to fears that Gurkhas will become too expensive as a result of the court ruling and be dropped from the Army as a

result, Lumley said the numbers entering the country would be small compared with other immigrant figures.

She said: "The MoD is making wildly exaggerated claims that as many as 50,000 may come."

"The Home Affairs Select Committee took evidence on this matter last year, and the figure is more likely to be between 3,000 and 5,000."

"Many of them had money deducted from their pay to help pay for it. They have as much right as any British citizen to use it."

An MoD spokeswoman dismissed speculation that it planned to disband the Gurkhas.

She said: "Between 1948 and 1997, some 30,100 Nepalese men joined the Brigade of Gurkhas. There are no plans to disband the Gurkhas, who have served this country with distinction and honour over many decades."

"We are working closely with the Home Office as it develops revised immigration rules for the Gurkhas."



REAL TWEET: Get your binoculars out and take part in the Big Garden Birdwatch this weekend

Your chance to join garden birdwatch

THE Big Garden Birdwatch – the world's biggest wildlife survey – takes place this weekend (January 24-25).

Last year, more than 16,000 Kent residents joined half a million people across the UK to note the birds in their garden, revealing which species were doing well and which were struggling.

Last year's results put starlings as the most common garden bird in the county, followed by house sparrows, although numbers of both species were down on previous years.

Hester Phillips, of the Royal Society for the Protection of Birds, said: "The survey started 30 years ago as a winter activity for our youth members. Now it appeals to both children and adults because it's fun, easy and only takes an hour to join in."

"Reaching our 30th birthday is a huge achievement and shows just how passionate people in Kent are about birds and wildlife."

"Over the last 30 years we've clocked up more than three million Big Garden Birdwatch hours in the UK, which is just incredible."

Last year, Kent participants recorded an average of four house sparrows per garden, compared with five in 2007 and 15 in 1991. This echoes the national trend, which has seen house sparrows decline by about two-thirds in the survey's 30-year period.

• For more details visit www.rspb.org.uk/birdwatch/.

Make 'em laugh at film festival

THINK you're funny? Can you put it all down on film? If so, you are in with a chance of taking part in an important film-making competition in Kent.

It's called the 2 Days Laughter Short Film Competition 2009.

It is free to enter and will be held on Saturday, April 4, at Theatre Royal Margate and is supported by Screen South and KCC Arts Investment Programme funding.

It is expected to attract more than 300 entries.

Beeping Bush Productions, which runs the 2 Days Later Short Film Competition, is bringing the sound of laughter back to Margate for

the second year of 2 Days Laughter Short Film Competition.

Following the success of the first 2 Days Laughter Screenings and Awards Ceremony last April, at the same venue, this year's competition has been expanded to include a special Young Comic Filmmakers' Awards section to allow schools and under-18s to take part.

Mick Etherton, the competition's co-director, said: "We hope this new category and matinee screening event will give an opportunity for Kent schools, youth organisations and individuals to try their hand at making us laugh."

• For more information, phone Mick Etherton or Chris Cordwell of Beeping Bush Ltd on 01843 223800. If you want



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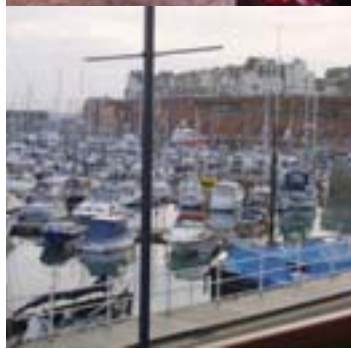
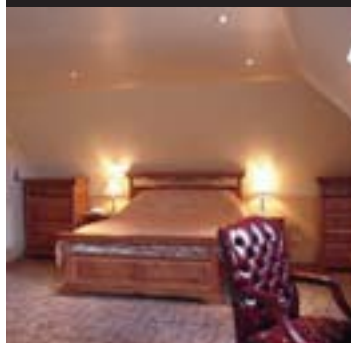
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yourmedwayblogger

Simon Robinson wonders whether the spending by our council is properly benefiting the Olympians



Running out of patience with priorities of Olympic Chiefs

MEDWAY'S Olympics chiefs need to sort their priorities out.

This week it was revealed that Medway Council bosses splurged £17,500 on sending their deputy 2012 manager Helen Cockersole on TWO beanos to Beijing.

This obvious waste of taxpayers' money comes despite the fact that Medway will not host a single event in the London 2012 Games.

Money-savvy chiefs at the London borough of Newham, an area which will play host to the main multi-million pound venues of the forthcoming Games, meanwhile spent just £10,679 on sending four officials to Beijing last year.

The Sunday Times hit the bullseye when it targeted our council. It read: "Other local authorities appear to have used last summer's Olympics in China as an excuse for sending staff across the globe.

"Helen Cockersole enjoyed a £12,000 trip to Beijing last August organised by Visit Britain and the British Olympic Association.

"The council she represents is not hosting

any sporting events during the London Games but hopes to set up a training camp for overseas athletes.

"One trip, it seems, was not enough for Cockersole and the council paid for her to fly back to the Paralympics two weeks later at a cost of £5,500."

The all-expenses working holiday was rightly slammed in last week's 'News'. For those of you who don't know, it's the latest amalgamation of our old newspapers The Medway News and Standard in these tough economic times.

Anyway, the paper highlighted the story of Nicola Green, the mother of one of Medway's aspiring Olympic athletes who had a £1,000 funding application declined.

Nicola, whose 17-year-old son Jack competes in the 400m hurdles event, quite understandably said she was stunned that the council could spend £17,500 on staff trips but couldn't spare any cash for her son.

She fumed to the News: "We are constantly applying for sponsorship and grants and were

recently turned down for a £1,000 grant.

"When you hear this it really makes you question where the priorities are."

Amazingly, Cockersole's £17,000 jaunts to China were defended by our area's other columnist David Jones. Mr Jones described the Sunday Times' exposé of councils' financial mismanagement as "a bit unfair".

He goes on: "The cost of Helen's two trips was mere peanuts compared to the spin-offs Medway will get if some of its many potential training sites are chosen by the organisers."

No, Mr Jones, it is you who have once again missed the point.

Surely our cash would be better spent investing in our emerging athletes. It's about time the council's Olympic chiefs got their priorities right. I'm sorry but your staff will just have to pay for their own holidays from now on.

EDITOR'S NOTE: All blogs are supplied with full name and address of the authors. They do not reflect the view of the newspaper but are designed to give our readers the chance to air their views.

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WANT to find the key to looking and feeling great this year? Then make a date with your girlfriends and head down to The Vitality Show at Earls Court 2, March 26-29, 2009.

Europe's largest health, beauty and wellbeing show is celebrating its 10th birthday this year – which means even more premium names, fabulous experiences and experts.

And for those after a more hands-on approach, this year's show offers even more opportunities than ever before. The Healing Herb Garden and the Health and Nutrition Stage are the perfect stop offs for girls in need of a nutritional boost, while the Zest Fitness Park provides an excuse to put on those trainers and get stuck into a workout session or dance class.

If you're seeking relaxation rather than perspiration, the luxurious surroundings of the Vitality Day Spa with its massages, reflexology and facials will be calling. And after a few treatments, visitors will be able to take advantage of the Nails Inc. bar and hair makeovers and styling tips from the hair salon. Other must-visit experiences include: The Oasis, a calming zone where guests can try out alternative ther-



apies at a fraction of the cost; The Top Sante Anti-Ageing Clinic full of talks from experts on how to look 10 years younger; the Organic Pavilion in association with LoveLula.com, a zone dedicated to certified organic, natural products and the fashionista's favourite Style Theatre plus so much more! KOS Media has teamed up with the Vitality Show to offer five lucky readers a pair of tickets to the show plus the lucky first prize winner drawn will win a Goodie Bag worth £50 (filled with goodies from some of the exhibitors from the Vitality Show) to go with their pair of tickets.

To enter, simply answer the question below and send your entry on a postcard along with your e-mail address (if applicable), name,

address, and daytime telephone number to Vitality Show, KOS Media, Apple Barn, Smeeth, Ashford, Kent, TN25 6SR. Closing date is February 27, 2009.

Question: What date is the Vitality Show?

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If you do not wish to receive any literature please write 'no literature' on your entry.

Tickets for The Vitality Show 2009 cost £14.50 in advance or £17.50 on the door. For all the latest news and information on the show, visit www.thevitalityshow.co.uk or call 0871 230 5569 to book your tickets.

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ANNE LOGAN

TALK TIME

The University of Kent social history lecturer talks about her job and latest novel.

Tell us a little about yourself.

I left Kent to go to university before returning to teach in a further education college. Ten years ago I embarked on the research which led to my PhD thesis – completed in 2002 – and my new book, *Feminism and Criminal Justice*. Shortly

before I finished my thesis I started working at the University of Kent as director of the Criminal Justice Studies degree programme at the Medway campus.

What about your new book?

My PhD thesis was about the first women magistrates who became

involved in campaigns for penal reform, better juvenile courts etc. Writing the book gave me the opportunity to explore these themes in more detail.



YOUR LETTERS

Traditional dancing leaves me in no doubt

So the future of Morris dancing is in doubt according to the report in last week's paper.

Surely the practise of dressing in ridiculous costumes, striking one another with a wooden stick and rotating round in ever increasing circles is worth preserving.

Or maybe not.

Miles Cochrane
Faversham

Black footballer paved the way in hard times

I was interested to read the article on Clyde Best, one of the first black footballers to achieve prominence.

He came through at a time when football crowds were distinctly unpleasant and racist behaviour, which is now highlighted as unusual, was very much the norm.

I was pleased to read that he had been honoured with an MBE and recognised for his pioneering work by fellow professionals as it cannot have been easy for him to cop the abuse and general intolerance of crowds in the 1970s.

I remember watching him play once and was sickened by the abuse he got – mainly at the hands of his own West Ham fans.

Brian Hamilton
By email

I'm having a downturn over credit crunch topic

Am I alone in being thoroughly bored by the credit crunch?

If people just shut up about it and behaved normally it might just go away.

I accept it is tough on people with mortgages, but for so long I have had to put up with them going on about how much their house is now worth, I really don't care.

It has become a dull subject and the more people go on about it the worse it will be.

Teresa Knowles
By email

Council staff's reasoning has gone on strike

The fact that Kent County Council staff are looking at the possibility of strike action is frankly absurd.

At a time of economic crisis the council that lost untold millions in the Icelandic banking fiasco has staff working for it that feel their pay increases are not enough.

What an insult to those who are at risk of losing their jobs or have already done so.

There's no excuse for this blatant greed and lack of consideration for others.

Mike Roach
By email

KCC and Iceland bank disaster leaves me cold

The staff at KCC who think their pay increases are not high enough and are threatening to strike should take a look at their own actions.

The fact that the council lost a massive fortune in the Iceland banking disaster

shows the people at the top do not know what they are doing.

They should remember that it is our money they have thrown away.

Now they have the nerve to ask for more of our money to increase their paychecks.

If any action is taken I feel people would be perfectly justified in withholding their council tax to show the disgust they feel at this stupid short-sighted action.

Roger Holcombe
By email

A few choice words over media's focus on Harry

The recent controversy over Prince Harry and his stupid use of language has been blown out of all proportion by the media.

I know I am adding to this by writing to your newspaper but it seems like it has been used to fill papers as a distraction to what is really going on in the world.

On the day this non-story appeared a Royal Marine died in Afghanistan – now which is more important, the loss of a young life or an ill-advised comment by someone who was then stupid enough to be filmed saying it?

The triviality of this issue is a good example of the way things are dealt with in Britain.

Real problems and facts are completely ignored in favour of something people really do not care about, but the media can whip itself up into a self-righteous furore about.

Elaine Braddock
By email

Music survey sounds like very bad taste to me

Apparently according to a recent survey Take That are the coolest band in the world according to the nation's teenagers.

They are followed by Girls Aloud, Aerosmith and Busted.

Is there no taste left in the world?

Eric Paige
By email

Sounding the siren for St John's volunteers

Last week you carried a story about the St John's Ambulance volunteers and their work in the county.

There cannot be many people who give up their time in holiday periods to help others so their sacrifice is a cause for praise.

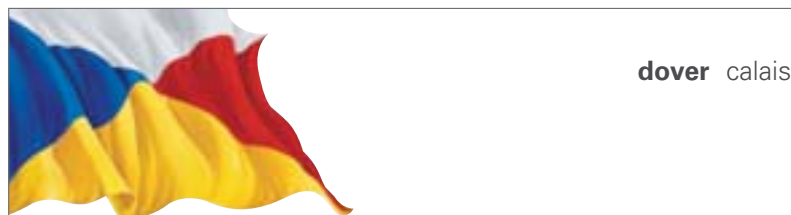
During a period when so many people emphasise the selfish nature of modern life their example is one to be emphasised.

Michael Ferguson
By email

Why are immigrants allowed to destroy UK?

As a pensioner I enjoy watching television and I remember one day when immigrants arrived here, one of them spoke to a reporter and said we are here, we are not going home until we have destroyed your country. So what happened to him? Was he deported? Why do the government allow these people to destroy everything we love with bombs, fires and to live in fear of our lives be it planes or whatever? We just don't feel safe anymore. I think the worst thing that happened years ago was joining the Common Market and building that tunnel, now it's open door to all and sundry.

No-one knows why there is no restriction



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on the amount who come here, everyone knows we are overcrowded, but why won't anyone stop them? No wonder people are saying we are the dustbin of Europe. Other countries won't accept them, it's too expensive, so why should we? Oh I know it's the free benefits that draws them, I don't blame these people I blame those in charge of the money.

Name and address supplied

Throwing a lifeline to Britain's sea anglers

The proposal by the European Union to allow member state Governments to set their own fishing quotas for each protected species has noble ambitions, but as ever the devil is in the detail. Under new plans, Britain's 1.4 million sea anglers could be forced to record their catches, turning a popular hobby into a laborious form-filling exercise.

Shore anglers are understandably furious whilst the idea that each boat or dinghy will have to be registered and every possible launch point policed is a bureaucratic nightmare in the making. For the EU to target recreational sea anglers after years of fudging the commercial fishing industry problem is both lazy and misguided. Happily Defra threw out a recent proposal on licencing sea anglers after lobbying from the Countryside Alliance, so we're looking for a similar rejection this time.

Simon Hart, Chief Executive, Countryside Alliance

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Counsellor speaks from experience

■ The Cambridge Diet

KAREN Richardson is an independent Cambridge counsellor and knows first hand the impact the diet can have on a person's well being.

She lost more than three stone when taking it on board and really changed her life.

Now she wants to help others have the same opportunities and will provide practical support and help for anyone who wants to lose weight.

The diet is based on nutritionally balanced formula food which comes in the form of powders, liquids or bars – along with personal support from a counsellor.

Easy to use and relatively inexpensive it comes in four stages which are preparation, weight loss, stabilisation and maintenance.

These all ensure that your weight loss is



successfully managed over the long term.

The diet is only available through a counsellor who offers a personal screening, advice and support to maintain a client's motivation and ensure success.

Karen has been in business for 18 months and says this is her philosophy: "Treat your customers as you would want to be treated yourself, offer a friendly face and be able to offer sound advice through a personal journey."

Karen can be contacted on 07729794078 or at Karen.cambridge@btinternet.com.

Details of the course are available at www.cambridge-diet.co.uk.

TOP TIPS

Cambridge Diet

When shopping for food, always make a list and try not to deviate from it. Never go shopping when you're hungry otherwise you will get more than you need. Stay away from the aisles where there are too many temptations.

Bridgewood Manor

Revive yourself with a detoxifying algae wrap. If you want to feel refreshed and invigorated this treatment is for you. It consists of body brushing, an exfoliation and then being wrapped in detoxifying algae, completed with a relaxing scalp massage. The treatment stimulates the circulation of the lymphatic system draining all the toxins from your body.

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The haircut should be complimented with a fantastic colour and condition is the key, so for darks use rich chocolate semi permanent colours to maximise shine giving you a high gloss finish. For blondes using softer velvety tones like honey and caramels which are less likely to fade in the summer months. For the ultimate deep conditioning experience use Nanomax, an in-salon permanent hair repair treatment.

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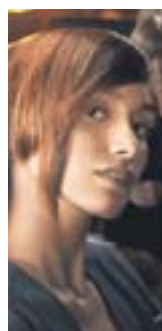
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ED BYRNE

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IRISHMAN Ed Byrne seems to be an unstoppable force in the world of stand-up comedy.

The likeable funny man has added 60 extra dates to his Different Class tour, after his autumn gigs fully sold out. His show was the fastest selling ticket at last year's Edinburgh Fringe Festival and demand for his comedy has continued to snowball.

Fans will have to move fast if they want to get hold of tickets for his Kent dates. One of his two nights at Tunbridge Wells' Trinity Theatre had already sold out at the time of writing, while the other was selling fast. Tickets for his gigs at other venues will be snapped up before too long, so do not waste time if you want to see this master at work.

The Perrier Award-nominated comic, who used to sport a long ponytail, is a prolific performer and a favourite at the Edinburgh Fringe. In 2007, his Standing Up and Falling Down tour was also a sell-out success, delighting audiences all over the country.

The floppy-haired Irishman, 36, is also a big hit in other countries, having taken the last tour to Australia and New Zealand. He has given acclaimed performances at comedy festivals and clubs in Montreal, Paris, Singapore, Belgium, Australia, New Zealand, Los Angeles, New York and Aspen. American television viewers have embraced his style of comedy – he has been invited to appear on popular talk show Late Night With Conan O'Brien five times.

Byrne's UK television work includes numerous memorable appearances on panel shows such as Mock The Week, 8 Out of 10 Cats, Never Mind The Buzzcocks and



FUNNY: Tickets are selling fast to see Ed Byrne when he comes to Kent during his tour

Have I Got News For You. He has hosted his own series, Ed Byrne's Just For Laughs, on Irish national channel RTE and is the voice of the Carphone Warehouse commercials.

His talents are not restricted to stand-up and voice-overs. Byrne has branched out into acting, both comic and straight, landing key roles in a number of TV shows, films and stage productions. He has appeared in the films RAT, I Could Never Be Your Woman and Are You Ready For Love and played the lead character in Jason Rothwell's Zemanovaload, portraying an obsessive screenwriter.

Byrne won a role in a Father Ted Christmas special, playing a grungy teenager, and appeared as Davina

McCall's flatmate Alex in the ITV sitcom Sam's Game. Fans of the daytime TV series Doctors will have spotted Byrne playing wheeler dealer Mickey Moran. As a stage actor, Byrne played the lead role in a 2004 production of Brian McAvoy's Kings Of The Road.

His recent marriage has provided plenty of material for Different Class, which focuses on Byrne's claim that he is unable to fit in with any class of people.

Ed Byrne will be at Trinity Theatre, Tunbridge Wells, on Friday, February 6; Orchard Theatre, Dartford, on Saturday, February 21, and Central Theatre, Chatham, on Sunday, April 5.

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JO GAMBI

St Paul's Church, Rainham
Sturday, January 24

SHARE the exhilarating experiences of record-breaking mountaineer Jo Gambi when she visits Medway this weekend.

Mrs Gambi is credited in the Guinness Book of Records with the fastest female ascent of the Seven Summits, the highest summits in each of the continents – Kilimanjaro in Africa, Denali in North America, Elbrus in Europe, Aconcagua in South America, Everest in Asia, Kosciuszko in Australia and Vinson in Antarctica.

Mrs Gambi and her husband Rob became the first married couple to conquer the Seven Summits, an achievement made all the more remarkable because Rob was in remission from cancer for the second time.



The feat also resulted in Mrs Gambi becoming only the second British woman to climb Everest by the North/North East Ridge. They have also skied to the North and South Poles.

The talk, illustrated by stunning photographs from her expeditions, will be held at the church in Parkwood Green at 7.30pm. To book tickets call the book office on 01634 366189.

THE TALES OF KING ARTHUR

Friday to Saturday, January 23-31
St Williams Church, Walderslade

THE United Players of Walderslade present a pantomime with a historical twist in The Tales of King Arthur.

Taking a whistle-stop tour through some of the most popular legends involving one of Britain's best-known heroes, the production promises plenty of baddies, good guys and opportunities to cheer and boo.

See Arthur encounter The Sword in the Stone, hunt for the Holy Grail, romance his princess Guinevere and explore more of the famous stories. Coveting the crown herself, the wicked Morgana sets her henchmen on young tearaway Arthur and his Knight of the Occasional Table.



Old favourites appear alongside new faces in the United Players' 28th pantomime. The show stars Maddy White as Arthur, Erin-Joy Ashman as Guinevere and Laura Tolhurst as Morgana, while playwright Bob Young plays the mystical Merlin. Jon

Hicks directs and Christine Lawrence is producer.

The Tales of King Arthur will be staged this Friday to Sunday and again next Friday and Saturday. Tickets cost £6/£4. Book online at www.unitedplayers.co.uk or call the box office on 07857 898178.



LITTLE DORRIT EXHIBITION

Saturday, January 24, to
Sunday, April 19
Dickens World, Chatham

THE costumes used in the BBC production of Little Dorrit are as sumptuous as its rags to riches tale.

Following its exhibition of period outfits worn by actors such as those in Cranford,

Dickens World will now display costumes from the TV adaptation of Charles Dickens' novel.

The cast of Little Dorrit includes great actors such as Tom Courtenay, Amanda Redman, Robert Hardy, Alun Armstrong, Annette Cosby and Ruth Jones.

Published between 1855 and 1857, the novel focuses on the Marshalsea prison in London where Dickens' own father was imprisoned as a

debtor. The experience inspired the story of William Dorrit, a prisoner forced to raise his children, including Amy 'Little' Dorrit, within the prison walls.

When it is discovered William is the lost heir to a fortune, he is able to buy his way out of prison, but the antics of a fraudulent banker lead to the Dorrits facing adversity once again.

See www.dickensworld.co.uk or call 01634 890421.

MEDWAY LEISURE

A decade of live music is celebrated in show

EXPERIENCE the best of the musicals when Beyond The Barricade returns to Dartford this week.

The 10th anniversary show, featuring from the most spectacular West End and Broadway shows, will be at the Orchard Theatre on Friday.

The performance starts at 7.45pm and tickets cost £20. See www.orchardtheatre.co.uk or call 01322 220000.

School's on track for a model exhibition event

ENTHUSIASTS are invited to Erith Model Railway Society's exhibition.

The show at Temple Hill Primary School in Dartford will feature demonstrations and a full-sized working steam traction engine. The event runs from 10am to 5pm on Saturday and 10am to 4.30pm on Sunday. Tickets cost £5/£4 for adults, £3 for children aged five to 16 and £12 for families.

Oriental delights to see in a special new year

WELCOME the Year of the Ox with the Medway Chinese New Year on Sunday.

Kung Hei Fat Choy will be at the Central Theatre in Chatham and will offer lots of breathtaking Oriental entertainment. There will be dragon and lion dancing, Tai Chi and special guest. The fun starts at 2.30pm and tickets cost £7.50/£5.50. To book call 01634 338338 or visit www.medway.gov.uk/theatres.

Art Deco venue invites you to enjoy 30s sound

DRIFT back to 30s Paris when a very special ensemble performs in East Kent.

Fleur De Paris specialise in chansons and musette, made popular in the cafés and music halls of Paris from 1930-50.

They will be visiting Deco 5, Whitstable's Art Deco wine and cocktail bar, at 8.30pm on Saturday. Tickets cost £8 in advance or £10 on the door. See www.deco5.co.uk or call 01227 770079.

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Chloe is a pampered, diamond collar wearing Beverly Hills Chihuahua. But her life of luxury is suddenly upturned when she finds herself lost on the streets of Mexico.

BRIDE WARS (PG)



Two friends have dreamed of their fairytale wedding since they were ten. Now their weddings have been double-booked and each must go the extra mile to stop her 'best' friend's special day.

Director chooses life for film number seven

■ BY SHEREEN LOW

DANNY Boyle likes a challenge.

That's why the English filmmaker, who has seven films to his name, embraced the chaos of India for his latest movie.

The Bollywood-inspired Slumdog Millionaire has already won many awards, including four Golden Globes and is bound for potential Oscar honours.

Shot in Mumbai and starring Skins star Dev Patel, the film centres around Jamal Malik, a street kid who finds himself facing the all-important question when he appears on the game show Who Wants To Be A Millionaire?

In terms of subject matter, it couldn't be further away from his last film, the space adventure Sunshine.

"It certainly felt like a chance to do something so different and there isn't a bigger contrast from outer space than Mumbai," says 52-year-old Danny. "I loved that change because Sunshine took too long and it was too isolated an experience making it, you're cut off from people really. It's so meticulous to detail."

"You can't worry about that in India. You have to go with it, you can't control things. Space movies are all about control and directing, but in India, you can't. You'd just waste your budget trying to control anything."

Always eager to adapt, the Lancashire-born director welcomed the challenges and changes working in India brought.

"I loved it. If you go with the right attitude, it's an incredible experience," he says. "It changes you forever. You're just learning the whole time. I find it an extraordinary place."

"All life is there in all its beauty and ugliness. There are such extremes – of wealth, poverty, happiness, sadness, horror, extraordinary redemptive things – and they don't sepa-



ON LOCATION: Danny Boyle went from Space to India

rate them. As a place to drive a story through, it's fantastic. For me directing it, it's amazing – the energy of the place, the potential.

"I'm a complete devotee of it now. I could easily make another film there, I'd love to go back. It has enormous heart, you know."

Danny loved the country so much he decided to incorporate a Bollywood-style dance sequence into the film.

"It was genuine," he says. "If you're there for a lot of time, you just have to dance. It's just natural. It would have been wrong not to do that. It's like making a film about America

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without showing a motorcar."

Despite making numerous films since, Danny is still closely associated with his second movie, Trainspotting. The 1996 film became a cult classic and rumours have been circulating ever since about a potential sequel.

He admits he would love to get involved with the project if it ever took off.

The idea is to use the same actors playing the same parts but they've hit middle age, literally," he says. "The problem is they [the original cast] don't look middle-aged yet."

"They look pretty much the same still, and you think, 'how long are they going to stay looking like that?' because at some point, age is going to go 'boof', and when it does, we'll be there waiting for it."

SLUMDOG MILLIONAIRE

Certificate 15



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PROPERTY NEWS

Don't bank on a year of decline

UNCERTAINTY could yet deliver good news to the housing market and not just doom and gloom, one of the UK's top money experts has said.

While the general mood is the housing market will continue to decline over the coming months, chief economist of Britain's largest building society, Nationwide, says we should assume nothing just yet, but wait to see how the economy unfolds.

Fionnuala Earley, has suggested how, despite the recession seen in the final quarter of 2008, the economy may benefit from the built-up demand of first-time buyers who will invest when the markets begin to recover.

She said: "In these turbulent times the uncertainties around all forecasts are greater than usual.

"If the economy goes into a deeper recession we should expect to see a slower recovery in the cycle.

"However, if the economy recovers more swiftly, we may expect a faster turnaround in the housing market.

"Three main factors have been behind the sharp fall in prices: credit conditions, expectations and affordability."

"Conditions remain volatile going into 2009 making it more difficult than usual to arrive at a specific forecast for house prices. In these unsettled times a forecast subject to frequent change could itself add to greater uncertainty."

Policy plans for Brits living abroad

HOLIDAY home insurance specialist Intasure has introduced a new policy for people who have their main homes in Britain but are abroad for much of the year.

The company, which provides policy documents in English and operates a UK-based English-speaking support team, also provides cover for holiday homes across European countries and further afield, such as Thailand and the United Arab Emirates.

The firm says its policies are designed around the needs of property owners and can include locally tailored cover.

The new policy for UK-domiciled holiday home owners is being promoted by insurance company JML, which points out that increasing numbers of British second home owners are retired and can therefore spend long periods away from their main residences.



Trading up offers silver lining in cloudy market

■ BY NICK AMES

THE fall in house prices has brought some good news for people looking to climb up the property ladder.

And it comes as a result of tumbling house prices reducing the gap between one and two-bedroom homes.

One-bedroom houses have fallen in value by eight per cent in a year, while two-bedroom houses have seen nearly 12 per cent slashed from their value.

The difference in price between a one and two-bedroom home is now £31,000 on average – that's the lowest in five years. Just 12 months ago it was £41,000.

Now estate agents are hoping more people will chose now to sell their home to first-time buyers and move up, helping free the market and benefit sellers across all price ranges.

With interest rates at their lowest level ever, that additional £30,000 on the mortgage could cost as little as £120 a month extra.

One analyst said for many people it means affordability they may not have realised amid all the economic gloom.

The value of two-bedroom homes had fallen the most, losing 11.92 per cent during 2008, compared with a drop of eight per cent for one-bedroom homes.

Three-bedroom house prices have fallen too, by an average of 11.89 per cent. But it is still cheaper than a year ago to trade up from two to three bedrooms. It costs £58,436 on average – 12 months ago it was £66,264.

Better home

One estate agent said: "These are tough times and house prices have fallen. But if people can afford to sell their house for less, they will be able to buy a better home for less as well."

But when you get into four-bedroom territory it is now more expensive to bridge the average price gap between a three and four-bedroom house.

The average cost of a four-bedroom home has fallen from £390,343 to £370,276 during the last year, but because the price of three-bedroom homes has fallen faster, the cost of trading up has increased from £141,733 in 2007 to £151,235.

Nicholas Leeming, director of propertyfinder.com, said: "The real catalyst for house price falls has been a lack of mortgage availability, particularly for less credit-worthy borrowers.

"This means the bottom end of the market has been more impacted by the slowdown and prices there have fallen more rapidly.

"People higher up the ladder will naturally find it easier to gain access to finance in order to move, but because of this the price of four-bed properties has only fallen five per cent compared with around 12 per cent for two and three beds, so the financial gap has actually widened."



SIGN OF THE TIMES: But house price falls and low interest rates have brought larger homes within reach

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what's inside

Page 5

Changing utility suppliers can be easier than you think

Page 7

Top tips for shopping safely for bargains on the internet

Page 9

Holidays can cost you dearly – try our advice for cheap breaks

Page 10

Beating the crunch can also be good for the environment

Page 11

Growing your own vegetables saves pounds and tastes good

Pages 12-13

Our guide to making your home energy efficient

Page 14

Why the credit crunch is improving our sex lives

Page 17

Our financial experts explain what to do with your spare cash

Page 18

How the slowdown is hitting the man in the street

Page 19

Entertaining can be expensive – how to feed friends on the cheap

Page 20

Help is at hand if you have problems with the mortgage

Page 21

Drawing up your own budget can help control your finances

Page 22

We all have mobiles phones, but you can make them cheaper

Page 23

Why the credit crunch means you really should rewrite your will

Pages 24-26

Driving costs a bomb – we look at how to save motoring money

Welcome to KOS Media's guide to beating the crunch

So 2008 was the year when the UK faced up to a financial reality check.

Soaring house prices led to massive mortgages which many people couldn't really afford.

With many banks and building societies actively encouraging people to borrow even more, the bubble was bound to burst – and it did, big time.

That would have been bad enough on its own, but the debt dominoes and the house of

credit cards fell just as we were entering an economic downturn which was part of the global commercial cycle of ups and downs.

On its own, the downturn would have probably not been too bad (we'll never really know, of course), but with the borrowing binge hangover what would have been a bad cold in the City turned into a vicious bout of financial 'flu which affected just about everyone.

But 2009 is another year, another new start.

So let's all try and fight back against the credit squeeze, and make some resolutions

about CCCs – climate change changes.

Here KOS Media writers have gathered some topical tips and advice about how to cope.

We have looked at everything from making a household budget to ideas for cheap holidays, and advice for businesses from experts to how to make your motoring money go that little bit further.

And we have also prepared a series of videos giving practical advice on how to save cash, so join our presenter Julie Maddocks at yourkenttv.co.uk.

How you can save money – just click on vouchersforkent.co.uk

TO TRY and help all our readers through credit crunch KOS Media – the publisher of this newspaper – has joined forces with businesses across our county to come up with some very special deals, discounts and offers.

Getting these offers really couldn't be easier – simply log onto vouchersforkent.co.uk and you can start saving money today.

Using our unique and easy-to-use page turning e-edition you can browse through the online voucher books to find the offers you want to take advantage of.

There are three different voucher books – leisure, food and drink; retail trade and services; and motors and servicing.

To save money, simply print out the voucher you want and take it to the business offering the deal.

There are fantastic range of bargains on offer – from cheap nights out to beat the credit crunch blues, to money-saving deals on home improvements.

There are no limits on the number of vouchers from the booklet you can use, so there are

lots of opportunities to save money and reduce your shopping bill.

But please take note to read the terms and conditions on each voucher carefully – not all the offers last forever and have to be used by a certain date.

We wouldn't want you to be disappointed by missing out on any bargains you want.

To get a taste of some of the deals available online, see the lists of offers included on the pages of your special Beat The Crunch supplement.

Essential guide to where you can save

■ Signature Miramar, retirement/residential home in Beltinge Herne Bay is offering 14 nights stay for the price of 13

■ Colour Choice Conservatories in Margate is offering free colour on conservatory orders

Living Out Log Cabins in Chestfield and Maidstone is offering 15 per cent off plus free delivery on all DIY log cabins

■ County Garage in Herne Bay is offering 15 per cent off Ford accessories. Includes car mats, mudflaps, boot protectors, scuff plates, alloy wheels, roof bars, chrome tailpipe finisher, dog guards, roof boxes, parking sensors

■ Home Plus in Ashford and Chatham is offering £200 off when you spend over £1000

■ F G Barnes in Maidstone is offering free six month road fund license with all used cars

■ Orchard Spot in Maidstone is offering one free pudding with a main course purchased from the Sunday carvery

■ Dartford Portable buildings in Dartford is offering up to 10 per cent off timber buildings. Finance available on Crompton garages

■ KOS is offering Alex classic light – one of the world's best reading lights, £84.99 save £30

■ Kentish Hardwood flooring in Rainham is offering 15 per cent off Karndean products

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■ KOS is offering a big button digital cordless phone just £24.99 save £20

■ Medway Stoves in Medway is offering a free companion set with any multi-fuel stove purchased

■ Positive impact golf in Manston is offering £10 off any lessons

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■ Aylesford Self Storage in Aylesford is offering three months free storage for a year for all new document storage clients

■ Orchard Spot in Maidstone is offering one ticket get one free for music nights, meal only

■ KOS is offering all seasons duck duvet, two duvets that button together from only £39.99, save over 50 per cent, various sizes

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Don't buy into store tactics

Read this and you really will save cash at the supermarket

By **JEFFREY STRAIN**

BY far the best way to truly keep your supermarket shopping expenses under control is by understanding how supermarkets entice you to spend more than you really want.

Here are some ways that supermarkets manipulate you into spending more than you had planned and some simple steps you can take to save money.

Supermarkets intentionally smell of freshly-baked goods. That makes you hungry. Hungry shoppers spend more cash. Fact.

So, only go shopping after you have had a meal and are full. If timing doesn't allow for you to do this, at least drink a couple of glasses of water before leaving to make you feel full before shopping.

Did you ever notice that when you only need to buy a few vital items, they are spread out across the supermarket? Putting basic staple items in the same general area would make happier customers, but supermarkets know that the longer you are there, the more money you are likely to spend. Stores are deliberately designed this way.

Although there is no way around going to the far corners of the store to get the groceries you need avoid impulse purchases.

Make a list of the items you need and stick to it. Get into the habit of making a single trip once a week – thus reducing your time

in the store and the risk of impulse buys.

Manufacturers of brand-named products pay hefty fees to stores to have their merchandise placed on the shelves at adult eye level (and child eye level in the case of products aimed at children such as cereal).

That means products placed at eye level are usually the most expensive so take a few seconds to look at the upper and lower shelves. Similar products are placed together and simply looking will often reveal the same product at a much better price.

Take the time to check the other brands and see if there is a better deal.

And always remember that if you weren't

planning to buy the item and you don't really need it, then it really isn't a bargain for you, no matter what the price.

The checkout aisle of a store is like a mini mart in itself. This is because supermarkets know that they have a captive audience while you wait in line to pay for your groceries.

The best way to avoid these temptations is to plan your shopping during off-peak hours.

By taking the time to understand how the supermarkets try to influence your shopping and spending habits, you have now put yourself in control. Utilise the suggestions about how to counter the supermarkets' selling techniques and you will be able to control your gro-

cery spending to a much greater extent and should have a much easier time keeping to your monthly food budget.

• **Jeffrey Strain is a journalist who always plans to save you money. See more at www.savingadvice.com.**



OFF YOUR TROLLEY: Don't buy things you don't really need, always take a list shopping

Top tips to save while supermarket shopping

• In addition to using coupons, try to buy only the "loss leader" specials (those big sales advertised in the newspaper ad). Buy lots of these items and freeze or store for the future.

• Did you know that you can freeze milk? Use frozen milk within three months. Remember to pour a little of the milk out (into another jug) before you freeze it, so that it doesn't expand and burst the plastic jug. It will look yellow when frozen, but will thaw out and look normal. It saves on trips to the supermarket.

• Plan ahead on your meals. For instance, Mondays: chicken, Tuesdays: minced beef, etc. Add rice, vegetables, pasta or potatoes for the side dishes. When you break it down you have for example chicken, four times a month so there is no boredom.

• For those money-saving big shops, keep two or three laundry baskets in the back of the car. Cheaper than buying another 'bag for life' and saves plastic bags.

• Buy meat when it's in the "reduced" section when the "sell-by" date is that day or one day away. Freeze when you get home.

• If you want to make saving cash fun and you like to cook, scan through my favourite cookbooks and plan out an entire month's menu in advance. One mum who does this said: "I make an inventory of the food I do have and then make a list of what I need to go on one big grocery shopping excursion

"This minimizes the amount of trips I need to make in a month, thus saving me on my grocery budget. I only need to go every other week for milk, fruit and deli meat."

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Don't let the credit crunch bite you



STRESSED OUT: Don't let financial worries make you ill, take measures to stay relaxed

INCREASING bills, shrinking credit and gloomy forecasts that financially life can only get worse are fast becoming the ingredients of a toxic cocktail that threatens the nation's health.

Headaches, nausea, sleeplessness and exhaustion are thought to be just a few of the symptoms of today's most topical medical condition, Credit Crunch Stress.

Already there are reports of increased levels of depression and tension headaches, not to mention health problems associated with economising, like skipping meals, cancelling gym memberships and drowning sorrows with alcohol.

Recently, 39-year-old postman Duncan Wilby from Yorkshire became one of the early fatalities of the current economic crisis. It was reported that, apparently troubled by financial problems, he took his own life.

Dr Nick Read, a physician and psychotherapist who specialises in stress-related conditions is just one expert predicting the medical profession may soon see a surge in illness caused by money worries.

He says: "The current situation with growing financial uncertainty and anxiety about the future is bound to impact on people's health. Many will feel overwhelmed and worried that they can't cope."

"So doctors may well see more and more people exhibiting symptoms which are triggered by stress such as back pain, breathlessness, muscular tensions, and gut complaints."

"Stress also exacerbates existing illnesses like eczema, asthma, arthritis and migraines."

He estimates that currently around 50 per cent of patients visiting doctors have illnesses which cannot be diagnosed or properly treated

By **GABRIELLE FAGAN**

but whose origin is stress.

Stress hormones have a range of damaging effects on the body. Adrenalin increases inflammation, makes pain worse and ties the guts in knots. Cortisol raises blood sugar and blood pressure, makes infections worse and induces obesity and exhaustion.

Sleep deprivation caused by money worries is already, according to research, affecting those in particularly vulnerable professions – estate agents, lorry drivers and taxi drivers.

They are enjoying less sleep – only at best six hours a night – than those in other professions and trades, found a survey by Travelodge.

Its findings are backed by new research by sleep aid, Sominex, which discovered that a third of those it surveyed had disturbed nights because of money worries and a further third toss and turn over job worries.

Dr Wendy Denning, director of an integrated health centre in London points out: "Although our physical welfare has a massive impact on how we feel and behave, ironically it's often neglected in times of stress."

"Even simple things can help. For instance when we're stressed we breathe less efficiently and take more shallow breaths, which doesn't get enough oxygen to our brain and body. Deep breathing exercises could improve that."

Soothing sleep

Dr Denning's advice is, don't work until you're literally too tired to do any more as you'll be too exhausted to switch off sufficiently to rest, and avoid watching television late at night as it stimulates the brain.

Sex and the City

Scottish scientists reportedly found that sex

isn't just an effective stress reliever for a short time – but that the benefits of one session helped to keep stress at bay for up to a week.

Unfortunately anxiety and stress is known to reduce libido. Dr Denning says: "Relaxation techniques can help, but talk about any problems with your partner or seek advice from a specialist."

Don't panic

Panic attacks may be a symptom of stress and anxiety. These can last for a brief period of around 15 minutes and feature a range of symptoms including dizziness, nausea, sweating and a racing heart.

Among the treatments which can be recommended by a GP is Cognitive Behavioural Therapy (CBT), which involves weekly sessions where the sufferer talks to a therapist. There are also self-help tips, including breathing techniques.

Beat the blues

Low mood as well as feeling more irritable, forgetful, and finding it harder to concentrate can all be symptoms of stress, says Dr Denning.

She recommends a multi-vitamin and mineral supplement to boost the body as stress may deplete levels of key vitamins like B and C, and magnesium and zinc.

Face reality

Fear of what may happen in the future is a major factor in raising stress levels, according to Richard Hilliard, director of the Relaxation for Living Institute.

He said: "Make a plan. Bridge the gap between where you are now and where you want to be by creating actions that move you towards your goal. Feel good about yourself when you achieve even small steps and try to appreciate the positive things in your life."

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To see this clip, search 'recycling'
@ yourkenttv.co.uk



We look at how you can both make and save money by recycling in this KOS Media credit crunch special film

Essential guide to where you can save

■ Farleys Furniture store in Ramsgate is offering 10 per cent off all lift and rise chairs and motion beds

■ Kingfisher Blinds in Ashford is offering motorised blinds for just £149 inc VAT

■ Holiday Inn Express Hotel in Ramsgate is offering rooms at £49.95 per night including bed and breakfast and free parking

■ H & H Flooring in Deal is offering an extra 10 per cent off all carpets

■ KOS is offering a set of Bypass and anvil secateurs for just £16.99 save £10

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TERMS AND CONDITIONS APPLY TO ALL OFFERS

Stop burning your money

Changing energy suppliers is a lot easier than you think

By **CHRIS BRITCHER**

CHANGING energy suppliers has received a lot of bad press over the years.

Tales of unscrupulous door-to-door salesmen signing you up without your knowledge and the myths which surround the actual process have made many steer clear.

Yet the reality is, the process should be quick, simple and save you potentially hundreds of pounds during the course of the year.

Firstly, let's dispel the biggest myth of them all. Changing supplier will involve no new pipes, and no hassle.

From your point of view the only difference will be a different company's name appearing at the top of your monthly bill – and less money leaving your bank account.

All you have to do is identify who you want to supply you with energy and notify them and settle up with your current supplier. There will be no break in your supply and all existing equipment will remain the same.

But crucially, do your research – and don't be

hassled by a salesman either on the phone or your doorstep if you don't feel comfortable. Remember, it's your business they want and you're in control of who you give it to. If you're not sure, or are getting confused, simply tell them you'll think about it and thank them for their time. Sign nothing unless you are certain you want to change supplier.

Special offers

Fortunately, with the internet it has never been easier to compare the price of gas and electricity, find out the reputation of companies and hear of problems other customers have had.

Suppliers frequently have online special offers too – cutting prices further simply by switching to an account you monitor via the web.

Independent comparison websites such as uSwitch.com and Moneysupermarket.com are particularly useful. At the click of a mouse



HOT TIP: Find the cheapest energy prices online using a comparison website

they can guide you to the best prices so you can make your own decision.

Scott Byrom, is utilities manager at Moneysupermarket.com. He explained: "Energy bills are well over the £1,000 mark and while the energy giants may cut prices in the coming weeks, changing to a cheaper tariff is something I highly recommend."

"With so many people needing to tighten their purse strings, a saving of almost £1,801 on average could make all the difference. Changing to an online tariff also gives consumers the opportunity to keep track of their payments and have a clearer idea of their balance by managing their account online. As well as swapping from standard to online, changing payment method to monthly direct debit will also guarantee savings."

But you may not even need to change suppliers to achieve noticeable and useful savings. Speak to your current supplier and discuss with them your usage. It is possible simply switching to a different tariff could save you pounds.

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For some it's only a small downturn



SMEs can be adaptable in rapidly changing markets

By **TONY PATEY**

SMALL is beautiful was a big catchphrase a few decades ago, but it's certainly come into its own since our economy has taken a downturn.

What are referred to as SMEs (small and medium sized enterprises) often have the agility to react more swiftly to rapidly-changing market conditions than large corporations – rather like how tiny mammals survived when lumbering dinosaurs perished millions of years ago.

In a downturn markets shrink and anyone forking out cash wants value for money. So firms have to work smarter, not just faster. Creative bosses will be asking staff for ideas which could work for the whole team's benefit.

Also, many outfits think that shedding staff can be a good way of cutting costs – it can be, but it's first got to be thought out very carefully.

'Last in, first out' doesn't work any more

when you're considering making redundancies because that could land you with an expensive claim for discrimination.

Simon Morgan of Dartford-based HR Dept warns that redundancy is never an easy option, and it needs to be handled properly if it is going to make a positive, rather than negative, impact on your business.

"Many SMEs use redundancy as a way of dealing with a poor performer but this is the surest way to make the dismissal unfair.

"How you choose who to lose when there is more than one person doing the same role has to be decided by an objective selection criteria and consulting with all staff affected at every stage of the proceedings.

"In addition to completing the redundancy process on the right side of the law, you need to think about the rest of your workforce.

"Being left with a smaller team who may be

anxious about their own job security or, even worse, who harbour ill-feeling towards senior management, may negate the positive effects you were hoping for with a smaller, more tightly knit team."

When it comes to finance there's little real helpful advice to give. It depends on each individual firm now, because the banks have drawn in their horns and treat any loan or overdraft request with a beady eye.

But, every bank has stressed to me that firms which have been good customers in the past and come up with good business plans or ideas will get a fair hearing – and stories I've done recently in the Business section of Saturday Observer and Kent on Sunday have backed up this claim.

Now's a good time for firms to check out leases and rentals on properties – to see if it's possible to negotiate any new terms.

It's a buyers' market in commercial property at the moment, so companies seeking new premises should be able to work out some very favourable deals.

Essential guide to where you can save

■ GG Racing in Ashford is offering £10 off a 1/400th share

■ Cox & Son furniture and soft furnishings store in Ramsgate is offering free checks, measures and hangs on curtains

■ Avalone Flooring Ltd in Strood is offering 10 per cent off decorative flooring

■ County Bed Company in Tonbridge is offering 10 per cent off any headboard when purchased with a bed.

■ Robins and Day Motors in Maidstone is offering free winter health checks (normal RRP £19.99)

■ Something Old Something New in Westgate-on-Sea is offering 10 per cent off when you spend over £100

■ Winter Gardens Theatre in Margate is offering discount theatre tickets

■ St Lawrence Tavern pub and restaurant in Ramsgate is offering buy one main course and get one free

■ Village Hotel in Maidstone is offering £2 off the full ticket price for Burns night/Pink tribute night or ultimate Swing Night

■ Spand Motors in Hythe is offering a free mini valet with any full service

■ KOS – Experience the natural comfort, warmth and luxury of a traditional feather mattress with the innovative mattress topper from only £39.99 save over 50 per cent. Various sizes available

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Going bargain hunting has never been easier – just click and save

By **TOM BETTS**

AS OUR bank balances are squeezed by the credit crunch, some financial experts suggest turning to the internet to make the pennies stretch further.

The savings that can be found online could make the read-out on the ATM screen that little bit more bearable... if you are computer-savvy enough to hunt them down.

While the large supermarket chains find more and more ways to reduce the retail price of their stock, web stores have also had to offer great deals to keep customers spending.

The obvious places to start are the price comparison sites, of which there are many.

The cheapest possible charges on everything from car insurance to Nintendo Wiis can be found on sites such as moneysupermarket.com and kelkoo.co.uk.

The process can be time-consuming, but is worthwhile as huge savings can be made.

Talking to people around the county, the message was clear.

Matthew Bates, 33, from Whitstable said: "I brought a new iPod 8BG Nano with my Christmas money on the net, and used Kelkoo to find it.

"What would have cost me more than £100 on the high street cost £84 on the net."

So much for luxuries, but with winter doing



SCREEN SAVER: Online shopping can really help you save your hard-earned money

its worst, the cost of your energy bills is worth looking at.

Click on energyhelpline.com or uswitch.com to set about making pound-saving changes.

Lorraine Pattola, 27, from Westgate-on-Sea, found that by switching energy supplier via the web, she saved more than £50 on her last bill.

She said: "I thought our bills from EDF were outrageous, so I used the web to shop around for a new supplier. My housemates appreciat-

ed it, too. I haven't made a cup of tea in weeks!"

And with the cost of mobile phones burning a hole in people's pockets, communicating with your friends can also be made cheaper.

Samuel Clarke from Herne Bay is 28 and has just bought his first home in the town.

Accordingly, he has had to curtail his spending dramatically.

Despite having a love of gadgets and technology, he switched to a pay-as-you-go mobile and increasingly used the internet to make contact with friends.

He said: "I use email much more now and I even joined Facebook, which I once vowed I'd never do. It has saved me money on things like texting and my phone bill has come down by around £15 a month."

Saving money on your groceries by shopping online is also easier than it looks.

The running total counters keep track of what you are spending and help to curtail impulse buys.

The dreaded delivery charge has come down, too, with retailers like Tesco now charging just £1.75 for midweek drops – and you don't spend money on petrol driving to the store.

If you're prepared to swallow your pride and buy second-hand, eBay also comes into its own as a cash-saving resource.

Books, CDs and DVDs, and pretty much everything else, are a steal if you are prepared to play the waiting game until the goods arrive.

One trick is to buy cheap films from shops like WH Smith, which often sell for as little as £3, and sell them on at roughly the same price.

A film for free, unlike renting from a store!

Essential guide to where you can save

■ Theatre Royal in Margate is offering two tickets for £20 (normally £14 each) for The Jives Aces on March 20 at 7.30pm,

■ Southern Antennae aerial and satellite shop in Broadstairs is offering 20 per cent off any service it provides

■ Thanet Leisure Force in Margate and Ramsgate is offering £50 off a family membership package. Discount available against annual payment or can be used for DD memberships against joining fee and daily rate payable in advance

■ Oliver Carpets in Ramsgate and Herne Bay is offering 10 per cent off when you spend over £250

■ Lextertan furniture store in Westgate-on-Sea is offering £300 off all dining suite orders over £2000

■ GC Stevens & Son, garden machinery and woodstoves store in Sittingbourne is offering 10 per cent off stoves and complete flue systems

■ Lenleys in Canterbury is offering an extra five per cent off sale prices on furniture, sofas and beds

■ H & H Flooring in Deal is offering free underlay upgrade on all carpets

■ Hazlitt Arts Centre in Maidstone is offering two for one comedy nights

■ KOS is offering a pressure washer kit £99.99 including free accessories save £116 on RRP

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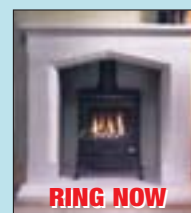
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Are you in control of your staffing costs?



PEOPLE PERSON: Director Tara Lloyd

SMALL businesses struggling to maintain their cash flow in the economic downturn should make sure they properly manage all of their people costs.

Ashford-based people management expert Calibre HR & Training said there are often opportunities for improving staffing efficiencies, but too few small businesses have the necessary understanding of the whole staffing picture – and so aren't well placed to secure cost savings.

Director Tara Lloyd said: "The wages bill is one of the largest financial commitments for any business. When times are tough businesses of all sizes need to know where and when costs will be incurred.

"However, small businesses routinely overlook some people costs and fail to have a proper grip on the full cost implications of their decisions. And the consequences can be catastrophic."

Businesses need to know both their total committed staff costs – including overlooked items such as cover for holidays and other absences, bonuses and deferred pay rises – as well as what flexibility they have to revamp operations to match demand.

Said Ms Lloyd: "For ultimate flexibility, employers need to understand the employment status of every staff member and the terms of engagement of contractors and agency staff."

By **TOM BETTS**

In addition, Ms Lloyd says people costs are often underestimated at both ends of the employment relationship.

"It can be easy to assume recruitment costs will be nil during a recession, but people continue to move jobs and if you are aiming to counter the effects of the downturn you should be taking advantage of the new talent on the market.

"So look closely at your recruitment methods to ensure the best value for money. Similarly, businesses planning to reduce or restructure the workforce need a proper understanding of redundancy costs and the role of professional support in managing the process professionally and avoiding litigation."

HR financial planning – what to include:

- All wage costs
- Cover for holidays and other absences
- Benefits – cars, food subsidies, life assurance, pensions, health cover, staff discounts and private health insurance, etc
- Pay rises and bonuses (including deferred)
- Recruitment costs
- Training
- Unclaimed Statutory Sick Pay
- Redundancy payments
- Professional HR support

Free people management factsheets are available at www.calibrehr.com.

Essential guide to where you can save

■ Farleys furniture store in Ramsgate is offering a free dishwasher with every kitchen order placed over £7,000

■ Kingfisher Blinds in Ashford is offering one motorised blind either vertical or roller free when you spend over £1,500

■ H & H Flooring in Deal is offering free accessories with all laminate flooring

■ Spand Motors in Hythe is offering a free mini valet with any full service

■ Theatre Royal in Margate is offering The Barber of Saville Row, January 30, two tickets for one top price ticket (£15 each)

■ The Captain Digby pub and restaurant in Broadstairs is offering a free kid's meal from the pirates menu with every adult meal ordered from the restaurant menu

■ Southern Antennae in Broadstairs is offering £25 off a high gain digital aerial

■ Village Hotel in Maidstone is offering 20 per cent off in the Verve Grill or Victory Pub

■ Lexterten furniture store in Westgate-on-Sea is offering £100 off elevating TV cabinets

■ Acorns health and fitness in Chatham is offering a third off gym membership

■ KOS is offering a Pulsar Kinetic Watch only £49.99 (inc p&p) no battery required, saving over 50 per cent on RRP

■ Morris & Turner in Medway is offering an extra £10 off Taurus vanity units and basins

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Reducing your carbon footprint and your bills

WE can all make changes at work and at home which will help reduce our carbon footprints – and save us money during the credit crunch.

There's lots that can be done, and a main focus is climate change, which is highlighted in a new report from the Kent branch of the Campaign to Protect Rural England, which is the only organisation seeking to protect the countryside as a whole.

It's called 'Tomorrow's Kent', and is available on CPRE Kent's website, and shows how climate change will affect our county and what steps we can take.

Loans

A rapidly growing number of homeowners are now taking advantage of local council loans and government grants to install solar panels, wind turbines and other microgeneration technologies in their homes.

You may initially feel a large-scale renovation project in your home may seem uneconomical, but renewable energy technologies such as wood burners that provide heating and hot water, or solar water heating panels, will pay for themselves in the long term.

While oil prices may have come down for the moment, everything suggests that high heating costs are here to stay, unless we look for alternatives.

BY **GEMMA WATTS**

There are many other practical steps you can take to reduce the amount of energy you use in your home. By simply replacing old lightbulbs with energy saving ones you can reduce your energy costs.

If your boiler is more than 10 years old then think seriously about getting a new, more efficient one. It should keep you warmer for a lot less money.

Improving the insulation of your home doesn't have the 'eco-bling' attraction of a solar panel or a wind turbine, but it can save you money, and reduce your carbon footprint, far more effectively.

For impartial advice on what is available in your area and what you can do, contact the Energy Savings Trust (www.energysavingtrust.org.uk or phone 0800 512 012).

CPRE Kent is holding an 'Alternative Energy Event' in Tunbridge Wells on January 24. There will be a range of speakers giving presentations on how alternative energy can work with protecting the countryside, listed buildings and conservation areas.

For more information visit the website www.cprekent.org.uk or call 01303 815180.

Take action now to protect Kent from climate change and start saving on your bills.

• **Gemma Watts is publicity officer of the Kent branch of the Campaign to Protect Rural England.**



COST EFFECTIVE: (top to bottom) solar panels; insulation; and energy bulbs

Essential guide to where you can save

■ Lindsay's Driver Training in Hythe is offering a Learner Driver starter pack for only £95 which includes four lessons, theory training DVD Rom, Highway Code, Theory Q&A book, £60 pass plus discount (for under 20s) Young marmalade kit (low car insurance and cars for new drivers)

■ GC Stevens & Son, garden machinery and woodstoves store in Sittingbourne is offering £10 off Honda mower servicing and £20 off Honda and Husqvarna ride on mower servicing

■ Clarkes Furnishers in Maidstone is offering a free power upgrade. Pay for a manual recliner and upgrade to a power version free. G Plan upholstery

■ Lexterten furniture store in Westgate-on-Sea is offering £300 off upholstery orders over £1,500

■ The Fireplace in Sittingbourne is offering 10 per cent off

■ Village Hotel in Maidstone is offering 50 per cent off its Sunday night pasta buffet

■ Thanet Leisure Force in Margate and Ramsgate is offering £100 off joining fee. At any Thanet leisure force fitness studio when you sign up to any membership package

■ Farleys furniture store in Ramsgate is offering half price duvets and pillows with every bed purchased

■ KOS is offering a porous seepage hose. It saves time and money uses up to 70 per cent less water. From only £19.99, save £35 on RRP

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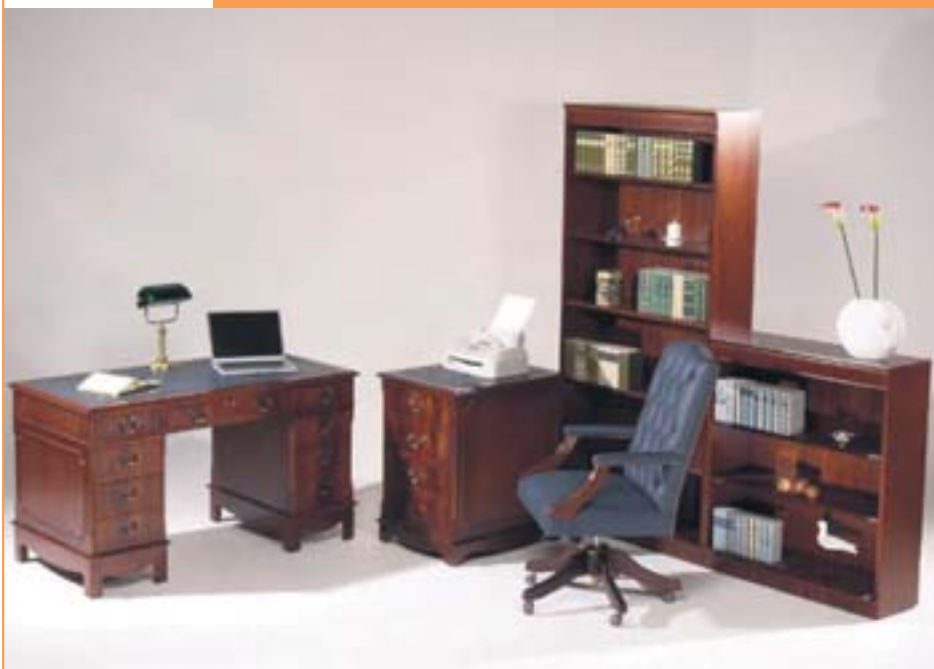
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IT USED to be dig for victory, but now we could say it's dig for survival...

Growing your own vegetables and generally shopping sensibly can save a lot of money. So rather than just cruising supermarket aisles picking up whatever takes your fancy, and getting a shock at the check-out, plan your campaign.

Part of that attack could be just growing your own herbs and some vegetables – or even getting an allotment for a bigger crop – and also making sure you spot the food and drink bargains in a variety of stores, from the biggies to cornershops.

For example, try and buy large bags of onions or potatoes rather than smaller amounts; you'll find that if they're kept in a cool, dry, shaded place they'll last ages.

Also, cultivate your local butcher. If you're a regular customer, you could, for example, ask for a 'bargain pack' of meat if you give them say £30 or £40 cash. Again, it'll save in the long run and last ages – and it'll stock up your freezer.

Plan meals

Plan meals a week ahead, and shop just for the items you need – that way, no food will go to waste and you'll be less tempted by unnecessary bits.

At the supermarket go for the 'own brands' – which are often just a difference in packaging, and a lot cheaper.

Budget supermarkets such as Lidl also do an incredible range of fruit juices, including pear and peach, which are extremely healthy, cheap and long dated. They're usually packed with vitamin C and very tasty.

Taking sandwiches and some fruit for lunch at work will save pounds each week, and you won't be tempted by fast food or cream cakes. Drink water instead of expensive and calorie-packed fizzy.

Use up leftovers – for example, vegetables can be used as a 'bubble and squeak' the next day, and meat can be used for sandwiches.

And if you make things like lasagne, stew



VEGGIE FEAST: Growing your own food and shopping sensibly can help your finances

Healthy ways to save allot of cash

and shepherd's pie, make much more than you need so you can then freeze small portions for the future.

Finally, try and grow your own vegetables. Not only will it keep you fit, but the taste of something you have grown yourself is very satisfying.

If you're new to gardening, get some how-to books from the local library – you'll find loads on the shelves – and the weekly gardening

magazines carry masses of topical tips and suggestions.

Cultivating anything from a small patch in your back garden to a full-scale allotment will give you an extremely worthwhile hobby which will certainly stay with you even when the recession becomes a memory.

This time of year, you'll find bargains and big discounts in garden centres for a whole range of gardening items, from mowers to gloves.

To see this clip, search 'driving'

@ yourkenttv.co.uk



According to one driving instructor, we could all change our driving habits and see a 39 per cent fuel saving

Essential guide to where you can save

■ Holiday Inn Express in Ramsgate is offering conference room hire for £95 per day including LCD projector, flipchart, pens and one round of coffee plus free parking

■ GG Racing in Ashford is offering £40 off a 1/100th share in racing shares

■ Elephant Windows in Ramsgate is offering £100 off with any order placed over £2,000

■ A & A Gliderobes in Canterbury is offering up to £100 off

■ Kentish Hardwood in Rainham is offering 10 per cent off carpets

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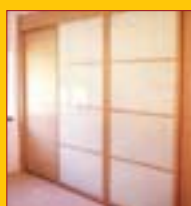


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Draught in

We decided to get some help this winter to make our home more eco-friendly while cutting down on high heating costs...

By **KATE HODAL**

THERE was no joke about it: the house was an icebox, but we'd made a silent but communal resolution to withstand the cold rather than blast the heat.

But when snow fell, we decided we'd had enough. We flipped the switch.

Then the boiler packed up.

The timing couldn't have been worse. Or better. We might have been freezing, but the Energy Saving Trust was also telling people that what we needed to do to stay warm wasn't to turn up the heat, but insulate the loft, strip insulate our windows and stop using our chimneys, energy-inefficient as they were.

So we decided to try out an eco audit. Would it really be possible to save money and stay warm, all at the same time?

That's when eco-auditing guru Donnachadh McCarthy stepped in.

Blessed with a thermometer, an energy monitor (which reads how much energy an appliance uses both when on standby and in use) he wandered with us from room to room measuring things like drafts, light usage, how much time we spent in which areas and insulation.

What he found in our four-storey Victorian mid-terraced house was shocking. For a household that recycles nearly twice as much as the national average, we were eco-sinning just by opening up our front door.

But all that was about to change.

Taking in full stock of the house, from cellar to loft, Donnachadh gave us a full list of notes on how we could cut costs but plump up our eco-friendliness.

ing bill, which would save us roughly 20 per cent per month on our electricity bill.

We also made sure to cap its temperature at 60C, so as not to overheat the water and suffer the economic consequences later.

Radiators

Many of the radiators in the house are placed under windows, for instance in the kitchen, bathroom and some bedrooms, meaning that up to 70 per cent of the heat is lost straight through the glass above or through the outside wall.

"This can be corrected by installing a shelf above the radiator, which will block the heat from escaping up through the window," Donnachadh explained.

"By installing a reflector panel, you'll reflect the heat into the room rather than leak it into the wall behind it."

We've found that it also helps to draw the curtains at night, which none of us had paid much attention to. By turning rooms into small boxes, and ensuring the curtains are drawn, doors closed and radiators turned on, our house has become a hodgepodge of warm rooms, rather than an airy hallway whereby one can wander in and out of spaces that are, as a result, freezing cold.



Fireplaces

Our next stop was to take a look at the fireplaces. Donnachadh reckons that up to 15 per cent of the central heating in a room can be lost up an unsealed fireplace.

Our house might boast five gorgeous fireplaces, but they certainly make a room cold.

After investing in a chimney balloon, which set me back £19.99, my room became five degrees warmer and there was no longer a draught between the chimney and the door to my room.

Doors

Donnachadh said: "Take a look at your front door," he said ominously, stepping over the threshold.

He pointed out a draughty letterbox, which was letting cold air into our hallway day and night. "Most people don't realise the effect of draught in a door frame like this."

"Get yourself some strip insulation and a

Heating

It has charm, but our house is also large, drafty and badly insulated. While we might be slightly ahead of the rest of Britain by subscribing to a green electricity tariff, we've still been using way too much of it.

I discovered that by replacing the boiler with a newer model we could save around 20 per cent on our gas bills and keep the house heated more efficiently.

But the possibility of my landlord buying us a whole new one was low, so Donnachadh talked instead about how we were actually using the boiler.

Our boiler is set on a timer, with separate controls for the central heating and hot water. But we still had the hot water on longer than we needed it – we were able to shave off three hours per day from our heat-



the expert to go green

"Get yourself some strip insulation and a draught-proof letter box, and your hallway will warm up in no time," he added.

"A doorbrush would help the gap at the bottom of the door, and a door curtain would also stop any drafts from coming into the house."

Donnachadh's next step was to take a look at our kitchen door, with its keyhole allowing a permanent shaft of air coming into the room.

He told us that putting tape over the keyhole on the outside would prevent cold air from coming in.

Things to look out for: door gaps, drafts



from cracks, air coming through keyholes, broken locks and draughty letterboxes.

Solutions: draught excluders, taping keyholes, fixing locks and getting draught-resistant letterboxes.

Floors

Our drafty house's wooden floorboards once supported plush carpet. While its since been ripped up, the boards themselves have not changed since the house was built in the 1870s.

Well worn, they are incredibly draughty, with no insulation protecting them from the cold cellar air blowing from below.

"This is a source of a large amount of your heat loss and needs to be dealt with urgently," Donnachadh said, reckoning that a whopping 15 per cent of our home's heat loss was going through the floor.

By filling in the floorboard gaps and nailing wood fibre insulation board to the cellar ceiling, we should be a lot warmer, he says.

Things to look out for: holes.

Solutions: plug the holes with floor filler (available from hardware stores) and insulation board.

Windows

A crack as small as 2mm around a window can let in as much cold air as leaving the window open 8cm, so it's essential to make sure your windows fit well.

The windows in our kitchen and living room had gaps large enough to stick pencils through, and air vents in the toilets were either left open or were broken.

After blocking up the vents with some strip



insulation and recycled cardboard, we found the toilet and kitchen now felt 100 times warmer.

Our next step was to look at the sash windows in our house, whose draughts needed blocking with draught excluders along the sides and in between the window frames.

Donnachadh also noted that installing curtains in the kitchen windows would help even more, as would drawing our bedroom curtains (and having them thermally lined, or at least double-lined) with Velcro, to ensure their complete closure at night.

Things to look out for: broken locks, draughts coming in between the panes or between the pane and frame.

Solutions: strip insulation, fixing the locks, heavy curtains.



DRAUGHT EXCLUDER: Expert Donnachadh McCarthy can audit your home to give you the best advice on being green

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By KATE WHITING

THE credit crunch has been blamed for a lot of things – repossession, redundancies and the demise of Woolworths – but in recent weeks it has also hit the headlines for reigniting Britain's sex lives.

Sales of condoms have shot up according to Superdrug.

It seems that more and more couples are opting for a steamy night in rather than splashing their cash on a night on the tiles, and some experts are predicting a baby boom next year as a result.

"We've seen a phenomenal rise in the sales of products designed to enhance sexual pleasures and a rise in the sales of condoms compared to this time last year," says Melanie Wilson, Superdrug's healthcare buyer.

"Over the past four weeks we have also seen sales of pregnancy testing kits rise every week – so we'll expect to see sales of nappies rocket later this year."

A recent survey by YouGov named sex as the nation's favourite free activity ahead of window shopping and gossiping, but as with some other trends, we've seen it all before.

Research shows that economic slumps in the past, including during the 70s and the early 90s, caused the birth rate to rise, so could we be set for another baby boom?

"No," says Netmums co-founder Siobhan Freegard.

"We tend to have mums on our website who are already pregnant and already have children, and from their point of view, I would say the credit crunch is probably having the opposite effect in that we're finding mums who would like to have a child are actually holding off and saying 'I'm really worried about my husband's job' or 'it's another mouth to feed'."

"Also people who had hoped to have another

Why we're finding the credit crunch a turn on

Most headlines about the credit crunch were depressing and gloomy, until news broke that the recession has made us all have more sex. We ask the experts about the story behind the headlines, whether it will lead to a baby boom and reveal why sex is good for you

baby and move house, for more room, are not able to do that, so they're actually holding back and saying 'we're going to wait and see how things pan out'."

While sales of condoms are increasing, it could well be that people are more worried about getting pregnant and are taking more care with contraception, rather than that they're actually having more sex.

Regardless of whether there will be a baby boom, it certainly seems the nation's sex life is having a healthy surge. That's no bad thing, says relationship expert Paula Hall.

"I've seen the statistics saying condom sales have increased, so unless they're all being used as water balloons, it seems couples are having more sex," she says.

"Certainly I've seen a number of couples who can't afford to go out and do the things they do normally and they're deciding they need to find cheaper forms of entertainment. Staying at home and enjoying themselves sexually is certainly something I'd recommend to help their relationship."



HOME ENTERTAINMENT: More couples are opting for a steamy night in to save money

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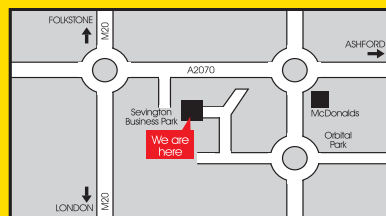
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Family Fun Weekend with Jousting	19 – 20 September

* Admission to the trials is free, however a valid 'Key to the Castle' ticket is required to gain entry to the castle and attractions.

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Don't dispute it

BY TONY PATEY

WITH lay-offs and cost-saving happening in a lot of companies, many workers feel unsafe and edgy.

This is often the time when disputes which are really tea-cup storms become full-blown disagreements.

This is where Acas comes in. It has been part of the industrial landscape for years – in the past it figured in all the big disputes between unions and bosses.

It used to be called by its full name of Advisory, Conciliation and Arbitration Service, but now it's just known by its acronym.

But, although it's involved in all aspects of employment disputes, a key part of its work is mediation – and it's this part which grabbed the headlines years ago when its delegates used to sit down between some tough bargainers on both sides.

Acas has launched a new line of attack, urging employees and employers to resolve any disputes in the workplace rather than going for expensive employment tribunals.

Acas South East senior advisor Sarah Vintner said: "Mediation aims to get people talking together, in a constructive way, so they can sort out their differences.

"Obviously this isn't easy, especially if people haven't been getting on well for some time and have built up very negative pictures of each other.

"That's why the mediation approach we use is quite structured and provides clear ground rules so that people feel as safe as they possibly can.

"That way they are more willing to open up and be honest about what is bothering them."

The mediator first meets each person separately so that there is confidence that the Acas delegate is not there to judge who is right or wrong, and then the process starts.

Ms Vintner said: "A typical scenario for mediation is where two work colleagues have such different personalities and working styles that they each regard the other as rude and unhelpful, sometimes leading to allegations of bullying and harassment.

"A situation which, if left without any attempt to help those two people talk to each other properly, could result in grievances and ultimately disciplinary action as their behaviour begins to breach company standards.

"The typical mediation outcome of such a case is respect and understanding of each other, increased self-awareness and agreements about acceptable and unacceptable behaviours."



PREVENTABLE?:
Acas mediation can help with problems in the workplace

FREE book to help your firm

STEP up, folks – here is a FREE book to help firms with their marketing. But you'd better be quick because it's a limited offer.

It's designed to help businesses increase the effectiveness of their marketing, has just been released and is called "Why most marketing doesn't work and how you can fix it....."

Author, business specialist Dean Garland, said: "For most businesses, the quickest way to climb out of the recession and improve their fortunes lies in their ability to use effective marketing tactics.

"Unfortunately, most business owners find that their marketing isn't working as they would like, but have no way of knowing why this is the case."

This comprehensive 99-page book solves this problem and is FREE to KOS Media readers when they enter or mention Kent on Sunday when they go to <http://www.marketingfixit.co.uk/> or call 0844 4480 670 – but only 50 copies are available.

The book has been designed to create a quick win for those aiming to generate more money from their business and get an excellent return on their marketing spending with:

- 31 examples of proven marketing campaigns which have generated millions of pounds for small business owners including detailed

summaries on why each one worked

- Why your 'message' has to include the '8 marketing assets'

- How to side-step the competition and eliminate them from the minds of your prospects and customers (without reducing your prices).

Mr Garland, of Rapid Results Marketing, said: "By knowing what marketing to use in certain situations and how to put it into action will be a key skill if small business owners are going to keep their ship afloat during the current economic climate.

"Unfortunately, there are millions of business owners throughout the UK who struggle with this element of their business. I think this is typically because they don't have enough time to dedicate to it and they lack the necessary know-how."

The Book also includes 7 Essential 'Marketing Fix-It Lessons'. All you have to do to receive the book for FREE is to enter the reference number 136 or just type Kent on Sunday along with your contact details. After doing so, you'll be able to get instant access to the book straight from the website. If you'd prefer, phone 0844 4480 070 and give your name, address, telephone number and email address and you'll be sent an email giving you immediate access to the book.

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This is the year to be shrewd – or you could be paying a heavy price

IT WAS left to national treasure Robert Peston, the BBC reporter whose strangled tones guided us through the big financial crises of 2008, to highlight the ironies of a year none would have predicted 12 months ago.

At this stage in the credit crunch, he noted, savers and careful investors who usually come out well in a recession, are carrying the can and showing hefty losses – while many bankers, who caused much of the trouble, got themselves refinanced just in time to collect Christmas bonuses.

Great deals

After a turnaround like that, how can we survive 2009, a year billed in advance as one of the grimmest in years?

Here's a New Year medley of tips:

- Always keep within the authorised overdraft limit on your bank account.

The average authorised interest rate is 14.48 per cent, while the average cost of unauthorised debit interest is over 60 per cent more expensive.

- Beware of too many bargains: "You run the risk of buying things you don't need", says Gill Wrigley of Tenon Recovery, "so keep a check on what you spend and keep to your list."

- Slash those mobile phone bills: James Parker, mobiles and broadband manager at

BY JEREMY GATES

Moneysupermarket.com, says great value SIM-only deals will catch on in 2009.

"Asda and Ikea have already entered the market from the High Street and 2009 should see more big names joining the fray", he says. "With the market for SIM-only becoming ever more competitive, we should see some great deals for consumers."

- Guard against the sack: Emma Walker, head of protection at Moneysupermarket.com, thinks rising job losses will make payment protection insurance (PPI) for loans and mortgages a "major focus for 2009".

- Homebuyers will be "increasingly happy" to switch to Standard Variable Rate (SVR) mortgages at the end of a fix, says Louise Cuming, head of mortgages at Moneysupermarket.com. However, Cuming fears "a flurry of conditions imposed by lenders to prevent borrowers from benefiting from the SVR rate will continue".

- Take trouble to find top savings rates: Kevin Mountford, head of savings at Moneysupermarket.com, says "a couple of new providers will enter the market – good news for consumers as it will help to keep the new breed of super banks on their toes."

"There will be a gap between best and average accounts, so savers must be vigilant."

- Loans will get dearer: Tim Moss, head of loans at Moneysupermarket.com, says rising defaults on repayments, and banks making

less money from PPI will result in higher APRs. He thinks rates could hit 12 per cent, the level of five years ago, after several years in single figures, with only 'prime' customers getting unsecured loans.

- Equity release catches on: Anthony Rafferty at Norwich Union says 2009 will see the start of products sold via major banks and building societies to older homeowners keen to turn bricks and mortar into ready cash.

- Look to save on home and car insurance: Simon Lambie at Confused.com reckons the average saving by the website's customers in 2008 was £186 on home insurance, and £208 on motor cover.

Decent return

- Look to pay down the mortgage with any spare cash: Simon Lambie at Confused.com says a £100,000 borrower on a 25-year repayment loan, with an interest rate of five per cent, saves over £12,200 in interest payments by overpaying by £50 per month. They would also cut the repayment period by three-and-a-half years.

- Don't be afraid to spend: Geoff Tresman, chairman of Punter Southall Financial Management says: "Wherever possible, pay down debt. It could get expensive in 2009."

"If you have the money, I would suggest you spend some of it in 2009 – on electrical equipment, white goods, clothes, available at prices last seen 25 years ago."

- Long-term savers might get a decent return by buying a traded endowment policy,

which the original owner is selling well ahead of maturity. Brian Goldstein, chairman of The Association of Policy Market Makers claims latest figures show these policies returning an average 8.3 per cent a year over 25 years, much better than saving accounts and shares in the current climate.

- Serious savers are likely to find corporate bonds – issued by companies to raise funds – will be the most rewarding asset class in 2009, says investment director Rob Pemberton at wealth manager HFM Columbus.

- Flat owners might try to extend their lease, says Philip Rowland, leasehold specialist at Sussex-based law firm Adams & Remers.

Rowland said: "In a market where selling property is difficult, it makes sense for flat owners to protect their investment by using their statutory rights to extend their lease."

- Pay off more than the minimum on credit card debts, says Simon Lambie at Confused.com. "If customers pay only the minimum – ie, two per cent on a £5,000 balance each month, on an interest rate of 15 per cent, it would take 463 months (over 38 years) to repay the original amount, plus interest of £7,652."

"Pay an extra £50 per month, and the pay-back period falls to 73 months, with interest only £2,009", says Mr Lambie.

No doubt you've noticed a common theme running through these tips: 2009 is the year when you take a keen interest in money and understand exactly where it's going. If not, you could pay a heavy price.



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Word on the street is...



MARKET stall owner **Steve Humble** said: "It's affected everyone. People are definitely cutting back on non-essentials and things are difficult."

"I've had to cut back on other things too. I used to employ two members of staff, and unfortunately I had to let one go."

"We have also had to cut out visiting markets where we have to drive a long way due to petrol costs, and this year I will be taking a one week holiday instead of two weeks."



CANTERBURY street cleaner **Matthew Cole** said: "I'm getting by, but my family are having to budget much more carefully than we were before; everything from food to gas bills."

"And whereas you used to look forward to holidays and nights out and things like that, now we have to be a lot more careful."

"But it's just a question of budgeting better. I'm lucky because I'm in a fairly secure job that is paid weekly."



LORD mayor's chauffeur **Laurence Dunderdale** said: "So far it hasn't affected us that badly. Obviously, like everyone else we are keeping an eye on the bills, things like the

We visited Canterbury to find out how all of you are dealing with the credit crunch

utilities and food, but so far we are doing OK.

"I'm semi-retired, but I have two part-time jobs – I'm the Lord Mayor of Canterbury's chauffeur and bursar of an alms house charity."

"We're also keeping an eye on our investments, and we've moved a couple to get better rates."



OWNER of Marlowe Florists **John Scanlon** said: "The walk-in sales have dried up completely; the £6 to £10 casual market is dead – those few quid are staying in people's pockets now."

"People are still buying the big bouquets for people's birthdays and things like that, because they have to. If a husband forgets his wife's birthday he's in trouble."

"But if it wasn't for people dying, getting married, or having birthdays I don't know what we'd do."

"I'm selling a quarter of what I'd normally sell from walk-in sales. The business used to be 50-50 between walk in and pre-ordered."

THE Lunatic Fringe manager **Steve Wallace** said: "We are alright, but it's depressing to see other places going under when you're doing

OK yourself."

"We have a good number of regular clients who come in every four to six weeks, and Christmas was busy so now in January and the beginning of February we're getting a lot of people in again."

"People always want their hair cut, especially now spring is coming, and people are thinking about a restyle. We are a ray of light."



JUSTIN Weston, owner of the Secret Café, said: "I'm doing OK. Before Christmas I was really feeling the pinch, so I brought in a new credit crunch menu."

"I did away with the restaurant side of it, and pared it back to only selling things on the specials board – a couple of mains and a couple of choices of soup."

"Now I have a regular stream of customers, but they all come in to eat because it's cheaper. It's more of a café than a coffee shop now."

"In times like these every business needs a strategy and mine was to cut the prices on food."

Essential guide to where you can save

■ Hazlitt Arts Centre in Maidstone is offering two for one offer on music nights tickets normally £12 each, now two tickets for £12

■ H & H Flooring in Deal is offering an extra 10 per cent off all carpets

■ Deco 5, wine bar and gallery in Whitstable is offering 20 per cent off food all day Tuesday, Wednesday and Thursday. Light tapas-style menu

■ Cox & Son, furniture and soft furnishings-store in Ramsgate is offering interest-free credit on all carpet orders over £1,000

■ Angel Nail Studio in Ramsgate is offering first full set of acrylic nails for £22 and first infill's half price

■ Avalone Flooring Ltd in Strood is offering 10 per cent off carpets

■ Avinco Limited in Ramsgate is offering 15 per cent off aerial installation

■ Bourne Road Garage in Crayford is offering free car mats with all Mazda purchases new and used

■ Carpets 4 Less in Ashford is offering 10 per cent off carpets, rugs, vinyls, laminate and wood floors

■ Clarkes Furnishers in Maidstone is offering bed bargains – buy a 5ft divan set and pay only the sale price of a 4ft 6in

■ KOS is offering Snugfit mattress topper from Slumberdown from only £69.99, save up to £40. Various sizes available

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Recipe to beat tough times

Staying in is the new going out, but feeding a crowd can end up costing a packet. Fiona Beckett, author of *The Frugal Cook*, shows how to feed your friends without breaking the bank

BY **LUCY CORRY**

WHEN it's cold and bleak outside, I love having people over for dinner.

They're always grateful to be fed, it's a chance to cook something more exciting than the usual weekday pasta and sauce combo, and it's a good way to return favours or get to know people better.

But unless you're careful, entertaining at home can be a fast-track to economic ruin. Many's the time when a quick bit of accounting has shown that dining in can cost as much as dining out – and you still have to do the dishes and clean up afterwards.

Foodwriter Fiona Beckett has got plenty of ideas on how to be a generous host without resorting to beans on toast for the rest of the month.

Her new book, *The Frugal Cook*, is packed with recipes and ideas to turn simple ingredients into meals with the wow factor.

She says it is possible to skimp without it showing – you just need to be clever.

"Make up for your lack of cash by inviting friends to a meal that sounds fun," she says.

"You could tie it to an event... or focus on a type of food, like a cupcake tea, a jelly and ice-cream party, or a soup supper."

Here Fiona shares two recipes.

Caramelised Cauliflower Soup

Serves 4-6
1 medium to large cauliflower
75g unsalted butter
1/4 tsp curry powder plus a little extra for decoration



150ml semi-skimmed milk
600ml light vegetable stock

Salt, black pepper and lemon juice to taste
Chop the cauliflower. Cut the butter into cubes, put them in a large saucepan and place on a medium to high heat. Add the cauliflower and cook, stirring occasionally until golden brown (about 12-15 minutes).

Stir in the curry powder and cook for another two to three minutes then add the milk, and bring to the boil, stirring. Reduce the heat, cover the pan and simmer for five minutes.

Add 300ml of the stock, bring to the boil then cook gently until the cauliflower is soft. Remove the pan from the heat, leave to stand for five minutes then tip the contents into a liquidiser and puree until smooth. Return to the pan.

Whizz up the remaining stock in the blender to pick up the last bits of the puree and add to the cauliflower. Stir well and re-heat gently.

Season to taste with lemon juice, salt and black pepper. Serve in small bowls with chives and a light dusting of curry powder.



Empress of Puddings

Serves 4
400ml whole milk
finely grated rind of 1 small unwaxed lemon
15g butter
25g caster sugar
80g fresh breadcrumbs
2 large egg yolks
3tbsp raspberry jam
125g fresh or frozen raspberries or mixed small berries

For the meringue:

2 large egg whites
110g caster sugar

You will need a lightly greased small to medium-sized shallow oven-proof dish about 750ml in capacity.

Pour the milk in a saucepan, add the lemon rind and stir then place over a low heat until the milk is hot. Add the butter and caster sugar and leave a couple of minutes until melted then strain the milk over the breadcrumbs. Stir and leave for 20 minutes.

Meanwhile heat the oven to 160C/325F/Gas 3. Beat the soaked breadcrumbs, then beat in the egg yolks and tip the mixture into the greased pie dish. Place the dish in a roasting tin of water and bake for about 45 minutes until the top is lightly set.

Put the jam in a small saucepan with the frozen fruit, warm through and spread gently over the pudding without breaking the surface.

Whip the egg whites until stiff then whisk in half the sugar until the mixture is thick. Fold in the remaining sugar and spread over pudding.

Put the pudding back in the oven, turn the heat down to 150C/300F/Gas 2, and cook for 15-20 minutes until the meringue is golden brown.

To see this clip, search 'food'
@ yourkenttv.co.uk



We look at how much cheaper, healthier and popular it is becoming to grow our own food and cook at home.

Essential guide to where you can save

■ St Georges Chevrolet in Margate is offering free three years servicing extended AA roadside membership

■ Holiday Inn Express in Ramsgate is offering a room, bed and breakfast and entertainment package for £55 which includes movies, music and internet plus free parking

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Help available to keep the roof over your head

By **STEVE KNIGHT**

HOMEOWNERS and tenants have been assured that help is always at hand if they are struggling to make their monthly mortgage or rental payments.

According to the public services website Directgov, losing a home can usually be avoided if the person living there fully explores the numerous options available to them first.

For example, owners can often negotiate a new payment plan with their mortgage lender, while they and those renting properties should also find out if they are eligible for any housing benefits.

In both cases Directgov advises people to pay as much as they can manage each month, as regular payments at least demonstrate to lenders and landlords that they are committed to overcoming their problems.

For those homeowners who feel there really is no way out, the Government announced last week that it was rolling its mortgage rescue scheme out across the country.

The £200 million programme – which is being managed by the National Housing Federation (NHF) – allows people to take a loan from or sell their homes to housing asso-



DON'T PANIC: Assistance for homeowners

ciations, who will then lease the property back. Residents in Tunbridge Wells, Maidstone, Dartford, Tonbridge and Malling and Shepway were among the first to benefit when

the scheme was piloted in December.

NHF chief executive David Orr said: "The mortgage rescue scheme will save thousands of vulnerable families from the nightmare of having their homes repossessed and give them the long-term stability they need."

"This scheme will also serve to undermine those shadowy companies currently making money out of people's misfortune by buying their properties at substantially less than the going rate – and then only letting them stay on a short-term tenancy basis."

For those people who cannot pay their rent or are worried they may not be able to in the future, the message from Directgov is clear – sort things out as soon as you can.

Tenants are advised to prioritise the debts they need to pay off and, most importantly, to talk through their problems with their landlord.

Landlords usually have the right to evict for rent arrears depending on their tenancy agreement, so it is important they are always kept informed of their tenant's current situation.

A number of groups exist to provide help and advice to people such as struggling homeowners, including the Consumer Credit Counselling Service and Community Legal Advice.

Shelter also gives advice on all types of housing issues, as does the Citizens Advice Bureau.

Essential guide to where you can save

■ Cox & Son furniture and soft furnishings store in Ramsgate is offering to upgrade your carpet underlay for free, have super for standard price, have deluxe for super price

■ Avalone Flooring Ltd in Strood is offering 10 per cent off laminates

■ Avinco Limited in Ramsgate is offering a free consultation on digital TV

■ Bourne Road Garage in Crayford is offering a free tank of fuel with all Mazda purchases new and used

■ Clarkes Furnishers in Maidstone is offering £50 off the sale price when you buy any stressless chair and stool

■ Stonecroft Emporium in Broadstairs is offering free glowing bunny ears free when you buy a UV Tutu skirt

■ Lenleys in Canterbury is offering an extra £2 sq m off sale price of any carpet order over 15sq m, which includes underlay. Free fitting for standard rooms

■ Nasons in Canterbury is offering 10 per cent off beds and bedroom furniture

■ Old Sawmills in Ashford is offering 20 per cent off all showroom items

■ PK Commercial Tyres in Ashford and Maidstone is offering £10 off MOT's

■ KOS is offering Ultra slim Danish Skagen watches only £69.99 save £20 on the RRP

■ Thorley Tavern Oak Hotel in Ramsgate is offering 20 per cent off bar food menu

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Making a budget can control your money

By **JENNA PUDELEK**

CREATING an accurate personal budget will help to cut-out needless expenses and save money during these times of economic hardship.

Realistic records of funds coming in and out allow people need to know how much spare cash they have available when speaking to creditors, who can then advise on ways to pay back the money owed back over a period of time.

"Keep a record of everything you spend money on to complete an accurate picture of your monthly expenditure," is the advice issued by the Consumer Credit Counselling Service (CCCS).

The Financial Services Authority (FSA), the national financial watchdog, provides an online budget calculator and the Government has also provided a step-by-step guide to make the process as painless as possible at its Directgov website.

The first step for creating a personal budget is to calculate 'outgoings' by digging out recent bank statements, energy bills, telephone bills, council tax, water rates, insurance and other similar expenses.

Also include anything paid for by standing orders such as mortgage or rent payments.

Estimate the amount spent on everyday items such as food, clothes, petrol, pet food and

newspapers as well as cash forked out for other 'events' like Christmas, birthday presents, going to the dentist and holidays.

Calculate total outgoings for a full year and then divide by 52 or 12 to get a weekly or monthly figure.

Income is worked out through checking payslips to get an accurate figure for wages, plus any benefits such as child tax credit and any rent from lodgers or adult children.

To see this clip, search 'travel' @ yourkenttv.co.uk



One of the biggest family costs is the holiday. We look at how to save money and enjoy what's on your doorstep

Add up the total income for a week or a month and then take away the expenditure.

If there is a 'shortfall' or more money is being spent than is coming in, the Government advises people to "prioritise spending and cut back on commitments you can't afford".

Money can be saved by 'shopping around' to find the best deal on gas, electric and telephone bills, surviving on the bare essentials and dealing with debts immediately.

People have also been advised to find out if they are owed any additional benefits or tax credits and to ensure that everyone in the household who is working is paying their share.

A budget is only an estimate of income and it is important to keep track of money coming in and expenses to keep your plan up-to-date and accurate.

The Government's money experts advise keeping a notebook to hand and writing down everything spent over the course of a couple of months.

Budgets need reviewed regularly in case a new job comes along or there are other changes in circumstance.

Spare money can be kept in savings accounts and the FSA can provide good personal financial advice, the Government added.

For more information visit www.direct.gov.uk, www.moneymadeclar.fsa.gov.uk, www.cccs.co.uk or call the CCCS' hotline on 0800 138 1111.

Essential guide to where you can save

■ County Bed Company in Strood and Tonbridge is offering 10 per cent off any mattress when purchased with a bedstead

■ Lenleys in Canterbury is offering an extra 10 per cent off sale prices of rugs, pictures, mirrors and lighting

■ Nasons in Wincheap, Canterbury is offering 10 per cent off carpets

■ Oliver Carpets in Ramsgate/Herne Bay is offering 15 per cent off when you spend over £600

■ Pomphreys Motors in Bapchild and Sittingbourne is offering car rental – book one day and get the second free

■ Robins and Day Motors in Canterbury is offering a free winter health check on production of this voucher (normal RRP £19.99)

■ Atlantis Restaurant in Ramsgate is offering 25 per cent off food from the a la carte menu

■ Theatre Royal in Margate is offering Gusset, March 7, 7.30 two tickets for one top price ticket (£12 each)

■ Ideal Home Improvements in Sheerness is offering 10 per cent off advertised rates

■ Kitchen to Table in Rochester is offering £10 off goods with an order value £50

■ KOS – Save £200 on the Toyota CB04T Mark II sewing machine only £99.99 inc p&p

■ Thorley Tavern in Broadstairs is offering a free glass of wine with The Table d hote Menu Mon to Fri

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HANG UP: Save money on your mobile phone

BY STEVE KNIGHT

MOBILE telephones have become an essential part of everyday life over the past decade, albeit a pricey part at that.

Whether on contract or pay-as-you-go, most of us now pay more money to speak to friends and family than at any time in the past.

The average mobile phone bill is £205.20 a year, but industry experts claim that figure could be much lower if users took the time to research the different tariffs available.

Consumer finance journalist Martin Lewis, who in 2003 founded MoneySavingExpert.com, said: "Anyone on a contract mobile phone is hoarding a serious money-saving weapon, and that's loyalty."

"When nearing the end of the contract, ask for the very best deal possible – not just on your network, but any out there."

"If the person at the other end won't budge, tell them 'give me a better package or I'll leave' and you'll be put through to the disconnections department, which internally is called 'customer retentions' and has massively more discretion to offer better packages to keep you."

"If they don't give you what you want then

you need to shift networks to a better deal."

There are many other ways to save money on mobile telephones, such as considering whether it is really worth insuring your handset given that you could probably afford to buy a new one when you add up all the monthly charges.

People looking to save money should also cut down on the obvious unnecessary expenses associated with downloading music tracks, ringtones and wallpapers that can sometimes cost up to £3.50 a time.

There are also ways in which you can make money from your mobile telephone, such as recycling one that you no longer use.

The Carphone Warehouse gives up to £20 off a new handset if you trade in your old one.

Persuading a friend to sign up to the same network as you can also earn you a tidy sum. 3Mobile, for instance, gives £30 to both parties if you recommend a friend and they sign a contract.

That figure rises to £45 each if you sign up for mobile broadband.

But perhaps the simplest piece of advice is to consider what it is you really need from your telephone.

If you can live without a satellite navigation system, a powerful camera and other non-call or text-related add-ons, chances are your handset will cost you a lot less.

To see this clip, search 'business'

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We look at the pros and cons of setting up a small business in 2009 and ask if now is the right time to go it alone

Essential guide to where you can save

■ County Bed Company in Strood and Tonbridge is offering a free memory foam pillow with any memory foam divan or mattress

■ Lindsay's Driver Training in Hythe is offering for you to train to be a driving instructor with £50 off a part 1 study pack

■ Nasons in Canterbury is offering 10 per cent off tiles

■ Pomphreys in Sittingbourne is offering half price MOT with every service

■ The Pavilion in Broadstairs is offering a buy two get one free breakfast from 9.30-11.30am, on Saturday and Sunday

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Crunch can make your will out of date

THE CREDIT crisis has made thousands of wills across Kent out of date and in need of rewriting, experts have warned.

The Law Society, which represents solicitors in England and Wales, said the economic slowdown that has seen home values plummeting and other investment struggling meant that many assets in a person's will had lost their value.

Paul Marsh, president of the society, said: "Those wanting to leave friends and family in a secure position after they pass away might find that what they have left in their will has considerably less value than when their solicitor wrote it."

Tax planning

"With homes losing value, people may need to look again at their wills – especially if they have included tax planning provisions which are no longer appropriate."

"The same goes for shares and other assets. The value of the assets in a person's will might have fallen significantly since it was drafted and so the will may need to be rewritten."

The Government charges inheritance tax on assets left in wills, which is affected by how much is left and to whom.

Mr Marsh said: "It is essential that anyone with a will who has not looked to update it recently goes to their solicitor to review it and, if needs be, change it to reflect their current financial situation."

"A solicitor is best placed to advise on any necessary amendments, as well as provide guidance on tax planning."

"Reducing the tax burden on the assets you wish to leave in your will has an even more relevant benefit for your family and friends in the current economic climate."

"If you do not have a will, now would be a good time to write one or risk leaving friends, families or other intended recipients of your assets with nothing."

If you are feeling the pinch due to the economic downturn, Citizens Advice Bureaus can offer advice on creating and maintaining wills.

Money left to husbands, wives or civil partners count as an 'exempt beneficiary' and there usually won't be any inheritance tax to pay.

Up to £312,000 can be left to anyone tax free and anything above that it is taxable at 40 per cent.

Inheritance tax does not have to be paid on assets or money left to a registered UK charity.

The Law Society urged everyone to ensure their wills were up to date.

And the Solicitors Journal reported last week that the effects of the economic downturn were already being felt at HM Revenue and Customs in Nottingham after the revenue reported receiving a lot of claims for loss on sale of shares.

For more information and advice on writing wills go to www.direct.gov.uk or www.lawsociety.org.uk.

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Triple-whammy drives motorists to think meaner, leaner and greener

IT NORMALLY takes five to seven years to bring a new car to the market, so hard-pressed carmakers deserve credit for so much choice in a market made suddenly harder.

They and their buyers faced a triple-whammy last year: the recognition of global warming, a need to be seen to be greener and now a belt-tightening recession of global proportions.

The Government has also attempted to drive people into smaller and cleaner cars through new road tax bandings ranging from zero to £400/year and set to become tougher.

By 2010, gas guzzling limos or 4x4s face £950 road tax in the first year, although anyone spending £50,000-100,000 on a car is unlikely to be put off by such a paltry sum.

For those who want to reduce their motoring costs and emissions footprint though, 2009 opened with plenty of options.

The headline grabber is Toyota's all-new IQ baby car. Seating three adults and a child within a bodysell barely longer than a two-seat Smart city car is no mean feat by the

By **STEVE LOADER**

world's No1 carmaker. It entailed clever downsizing of traditional components and yet the IQ has looks and equipment to become a cult car.

Talking of which, Fiat has not done so badly with its retro-styled 500 city car – in its junior form it offers affordable road presence as well as great economy.

Most carmakers are also falling over themselves to come up with 'eco-branding' for the most miserly and low-emission versions of top sellers; German car marques have a strange

urge to describe their greenest offerings as 'blue' hence the BlueMotion series from VW and rather less snappily labelled BlueEfficiency models from Mercedes-Benz.

In their usual bid to be different from each other, Vauxhall and Ford have each come up with something similar: the greenest Vauxhalls are ecoFLEX, while Ford counterparts are ECOlogic.

The duo's newest standard bearers are the Vauxhall Insignia ecoFLEX family/company car sector model and Ford's impressive road tax-exempt Fiesta ECOlogic.

Such 'eco-specials' can achieve improved fuel consumption, emissions and road tax bills with a mix of enhanced aerodynamics, revised engine management and gearbox ratios and lower rolling resistance tyres.

However, they don't come cheap, so weigh potential long-term savings against the greater upfront cost – if you don't cover the miles, then conventional alternatives may be a better bet.

Don't ignore petrol models either; the higher price of diesel cars and the fuel at the pumps need to be compared with new and more powerful small petrol models available such as VW's new turbocharged 1.4-litre variants.

On the wider issue of alternative fuels see our Fuel For Thought feature later in this section.



TOYOTA IQ: Proper car in small package



VAUXHALL: Has adopted ecoFlex branding for the greenest versions of its model line-up

ULTRA GREEN:
Ford's Fiesta is out now – the ECONetic



Essential guide to where you can save

■ Lindsay's Driver Training in Hythe is offering ADi Training course – £30 off two hour session

■ Lordwood Leisure Centre in Chatham is offering free function hire

■ Pomphreys Motors in Bapchild and Sittingbourne is offering half-price MOT with every service

■ Simply Sofas & Beds in Strood is offering 10 per cent off beds and divans

■ Living Out, Log Cabins in Maidstone offers free installation on all standard range of cabins

■ Aylesford Self Storage in Aylesford is offering a free man and a van for clients renting storage for longer than three months

■ Baileys Nissan in Canterbury is offering 15 per cent off MOTs

■ Dee's Bistro in Sandwich is offering 25 per cent off your bill on Wednesday and Thursday evenings includes drinks and "WOW" during January, February and March 2009. Meal is from the regular menu

■ Home Plus in Ashford/Chatham is offering free bedding set with any bed or mattress

■ FG Barnes in Maidstone is offering free Diamondbrite paint and trim protection with all used cars

■ KOS is offering goose down surround pillows from only £24.99 inc p&p. Save up to £125 on RRP

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Smart driving saves money

SWAPPING your car for something more economical, road-tax friendly and cheaper to insure is an obvious way to tighten your motoring belt, but we can all save money with smarter driving.

Try to avoid short journeys for a start; a cold engine can produce 60 per cent more pollution than a warm one and a car that leads a life of short journeys needs more servicing and the engine will wear more quickly.

Traffic on our roads contributes 26 per cent of the UK's total carbon dioxide emissions (CO₂) but, having decided your journey must be by car, check these tips from the IAM (Institute of Advanced Motorists) and RAC Foundation motoring watchdogs:

- Plan your route – forethought can save wear and tear on the car and the driver. Try to take the most direct route – a sat nav can help – and go off peak if possible. If you have to commute by car, think about car sharing. 'Park and Ride' schemes or public transport.

- Have your vehicle serviced regularly to maintain efficiency and economy. Under-serviced engines can reduce fuel economy by 10 per cent or more. Catalytic converters are environmentally friendly, but only when properly maintained.

- Check tyres – under-inflated tyres need replacing more often (itself an environmental problem), are dangerous and waste fuel. Anybody who has cycled on 'flabby' tyres knows what extra effort is involved, so check pressures weekly.

- Obey speed limits to save money and keep you on the right side of the law. Try to 'feather' the throttle as you reach cruising speed; 56mph uses 25 per cent less fuel than 70mph and a smoother driving style can bring significant fuel saving.

However, never coast in neutral or with clutch pedal depressed to save fuel; vehicle control must not be compromised.

By **STEVE LOADER**

- Accelerate briskly without racing the engine – pulling away too fast uses up to 60 per cent more fuel. Use the gearbox efficiently as changing gear at modest engine speeds can cut fuel consumption by up to 15 per cent.

- Reduce drag – remove roof racks and carriers when not in use. Driving with windows open also mars aerodynamics and lowers fuel economy. Remove unnecessary and heavy boot luggage and avoid heavy accessories and wide tyres that add rolling resistance. Air conditioning lowers fuel economy so use the fan and vents unassisted as much as possible.

- Buy green fuel and use less. Find out if you can buy low sulphur diesel (City diesel) or cleaner petrol (low sulphur/aromatics) locally. Consider a conversion to LPG (liquid petroleum gas), which is half the price of petrol, generates almost as much power and emits much less CO₂.

- Use 'accelerator sense'. Do you go straight from accelerator to the brake? You save fuel if you plan ahead and, rather than have to brake as you hit traffic, gently let the speed of the vehicle bring you to a halt as you join a queue. There is no point in rushing and then having to brake suddenly.

- Reverse in when you park. When you start off again, the engine is cold and inefficient. If you can drive away smoothly without having to reverse, you save fuel and have better visibility.

- Be a tank miser. Why fill the tank to the brim and carry more weight than is necessary?

- If you are stuck in a jam then you are doing zero mpg – turn off the engine after two minutes to save fuel and emissions.

For more eco driving tips see Julie Maddocks' online video report at www.yourkenttv.co.uk/community.



ECONOMY: Review your driving techniques to save money all round (top) and (below) keep on top of tyre pressures to save fuel and wear and tear



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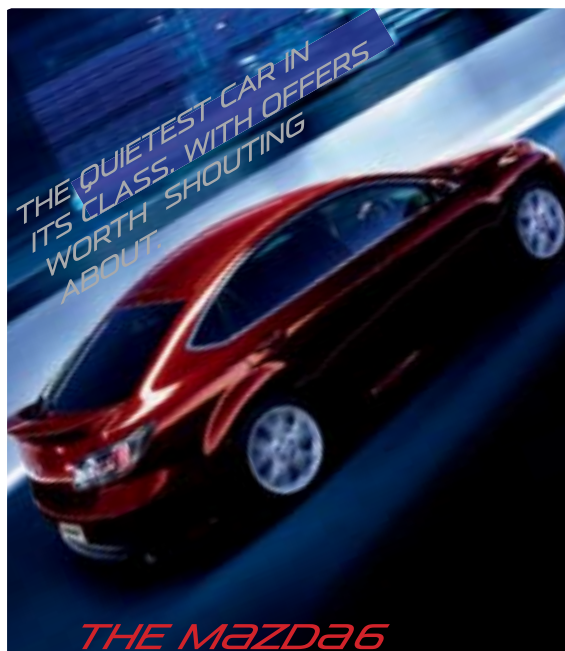
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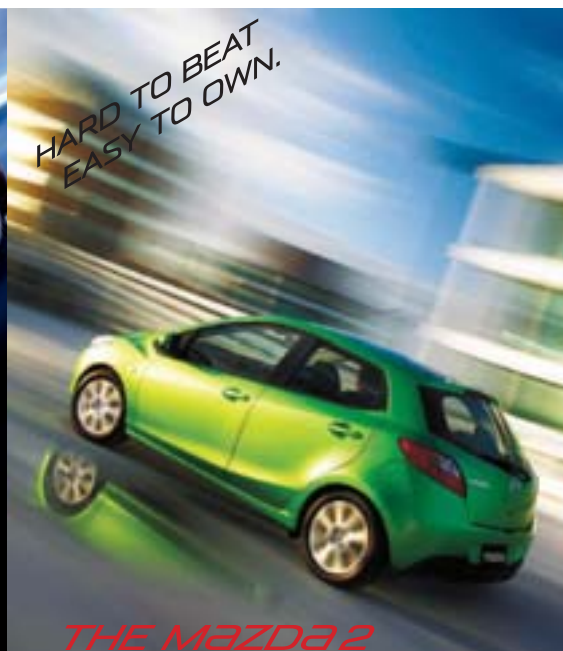
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PUBLIC NOTICE



49 Prospect Avenue, Strood, Rochester, Kent, ME2.

We are acting for the mortgagee in possession and have received an offer of £92,000 on the above property. Any interested parties must submit any higher offers in writing to the selling agent before an exchange of contracts takes place.

PUBLIC NOTICE



White House Close, Hoo, Rochester, Kent, ME3

We are acting for the mortgagee in possession and have received an offer of £130,000 on the above property. Any interested parties must submit any higher offers in writing to the selling agent before an exchange of contracts takes place.

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Your Move are now in receipt of an offer for the sum of £147,000 for 11 Swingate Close, Walderslade, Chatham, Kent ME5 8RH. Anyone wishing to place an offer on this property should contact Your Move 385 Walderslade Road, Chatham, Kent ME5 9LL. 01634 685041 before exchange of contracts.

chatham@your-move.co.uk 0845 370 9732

CHATHAM £89,995

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- 2 Bedr Staggered Terraced Home
- Requires Updating • Double Bedrooms

CHATHAM £109,995

chatham@your-move.co.uk 0845 370 9732

- Ground Floor Maisonette • Two Bedrooms
- Internal Viewing Recommended

GILLINGHAM £112,500

gillingham@your-move.co.uk 0845 370 9733

- Three Bedroom • Mid Terraced House
- Two Double Bedrooms • Rear Garden

GILLINGHAM £195,000

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- Five Bedroom House • Three Storeys
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CHATHAM £64,950

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- First Floor Modern Flat • Approx Three Years Old • Open Plan Lounge/Kitchen

GILLINGHAM £89,995

gillingham@your-move.co.uk 0845 370 9733

- 2 Bedrooms • Two Reception Rooms
- Gas Heating • Double Glazed Where Stated

GILLINGHAM £129,500

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- Three Bedroom • Mid Terraced House
- Drive • Rear Garden

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- Three Bedroom • Mid Terraced House
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- Well Presented • No Onward Chain
- Garage En Bloc • Three Bedrooms

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Your Move are now in receipt of an offer for the sum of £76,500 for 33 Keyes Avenue, Chatham, Kent ME4 5TH. Anyone wishing to place an offer on this property should contact Your Move 385 Walderslade Road, Chatham, Kent ME5 9LL. 01634 629491 before exchange of contracts.

chatham@your-move.co.uk 0845 370 9732

CHATHAM £129,995

chatham@your-move.co.uk 0845 370 9732

- Semi-detached Home • Requires Some Updating • Gas Central Heating System

GILLINGHAM £99,950

gillingham@your-move.co.uk 0845 370 9733

- First Floor Apartment • One Bedroom
- Lounge • Kitchen

GILLINGHAM £139,995

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- End Of Terraced House • Three Bedrooms
- Through Lounge • Conservatory

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- One Bedroom Mobile Park Home
- Views Over Fields Onto Thames Estuary

HOO £149,995

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- 2 Double Beds • No Onward Chain • Off Street Parking • 158 X 101 Lounge

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ST. MARY'S ISLAND £249,995

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- No Forward Chain • Extended Semi House
- Three Bedrooms • Two Reception Rooms

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- Mobile Home • Village Location
- One Bedroom • No Chain

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- THREE BEDROOM END TERRACE
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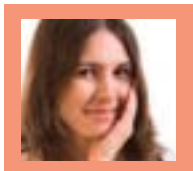
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Happy-go-lucky 19yr old brunette, blue eyes, slim, loves meeting new people, WLTm a down-to-earth male for friendship to start but hopefully something more. Box 445285 **1**

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Sensitive, shy and caring lady, 20, loves life and sunsets, beaches, country walks, romantic meals, cinema, WLTm handsome gent to find love with. Box 446323

TAKE ME FOR WHO I AM

Hi I'm Sam, 22, looking for a relationship. I'm blonde, have brown eyes, love cosy nights in and cinema, looking to share a relationship. Box 447871

SINGLE DAD WANTED

Single mum, 23, nice and curvy, 5ft6, blonde, blue eyes, likes shopping, cinema and animals, WLTm an honest and trustworthy male, 28-38. Box 446099 **1**

SOULD MATE

Hello I'm 35, kind, caring and non-smoking, enjoy cooking, cinema, music, dining in and out, looking for that special someone to enjoy a relationship with. Box 447595 **1**

CLOSE ENCOUNTER

Loving, caring, tactile female, 36, 5'8", blonde hair, blue-eyes, N/S, GSOH, likes cinema, bowling, country pubs, nights in/out, seeks male for friendship and LTR. Box 827619 **1**

FRIENDSHIP, MAYBE MORE

Social, genuine, honest, single mum, 36, 5ft6, I've got hazel eyes and dark hair and enjoy the cinema, meals out. WLTm sincere, attractive, genuine male. Box 446840 **1**

MESSAGE IN A BOTTLE

Good-looking woman, 37, 5ft2, brown hair/eyes, 2 kids. Looking for a nice friend and hopefully someone special. Box 446039 **1**

ON THE LOOKOUT FOR LOVE

37yr old female, two kids, slim, brown hair and eyes, 5ft2, looking for a caring, loving, honest and trusting male to be my someone special. Box 446552 **1**

TRY ME

Asford-based woman looking for an honest, friendly, caring and loving man. I have 2 kids and enjoy the usual things in life. Box 446985 **1**

SEIZING THE DAY

Loving female, 36, 5ft4, brown hair, green eyes, likes socialising, staying in, seeks genuine male for friendship and more. Box 428668 **1**

HAPPINESS, THE GREATEST GIFT...

Shy female, 40, 5ft9, blue eyes, short blonde hair, medium build, loves going out, wine and dining, holidays; seeking likewise gentleman to be happy with. Box 446763 **1**

NO TIES

Lonely, bored, professional Tunbridge Wells Asian lady, 40, WLTm slim, single, solvent, professional white male 40-50 for company, fun, love and laughter. Box 443573 **1**

BORN TO MAKE YOU HAPPY

Caring lovely lady, 42, genuine, short brown hair, lacks confidence! seeking loyal, genuine person, someone special to let the spark back into my life. Box 865761 **1**

COULD IT BE YOU?

Hi I'm 44, slim, 5ft2, a redhead, love nights out, socialising, looking for friendship initially and hopefully more later on. Box 889800 **1**

BUBBLY

Brunette, 45, 5ft3, blue eyes, size 18, likes socialising and nights in, looking for a nice, honest and caring gent to share good times with. Box 447642 **1**

SOULMATE SOUGHT

African descent female, 45, 5ft6, full figure, radiant, happy, attractive, loves music, theatre, travel, the arts, WLTm gentleman who is cultured, kind, solvent and fun. Box 443998 **1**

HERE WE ARE

Easygoing female, 45, self-employed hairdresser, likes theatre, restaurants, socialising, sofa cuddles, seeking loyal, loving, caring male for good times and more. Box 444672 **1**

MAKE ME LAUGH!

Fun extrovert person, 45, likes cinema, going out, meals, socialising, 5ft7, dark brown hair/eyes, curvy, seeking nice guy to start off as friends with. Box 442905 **1**

EVERLASTING LOVE

Beautiful black female, 46, WLTm a caring, gentle and loving gentleman, 45-60, 5ft10+, pref a bit sporty, for a everlasting relationship. Tunbridge Wells Box 445407 **1**

SINCERITY

I'm Maria, petite, blonde, green eyes, 46, looking for my Mr Right to have fun with and enjoy lasting relationship with. Box 447966 **1**

ARE YOU A GENTLEMAN?

Cuddly blonde, 46, 5ft4, loves rugby, travelling, conversation and the normal things! Seeking similar man to make each other happy. Box 448094 **1**

LET'S CLICK

WLTm a nice guy with a similar nature; I'm an outgoing woman, 42, with brown hair and green eyes. Tell me about you! Box 446847 **1**

YOU NEVER KNOW

Kind, loving and caring mum, 43, 5ft5, round but cuddly! Just looking for someone to share my life with... how about you? St. Leonards-on-Sea. Box 446457 **1**

LET'S SEE WHAT HAPPENS

Laid-back single mum, very bubbly, outgoing and intelligent, 43, enjoys social life, drinks, meals, cinema; looking to start afresh with someone new, easygoing and life-loving. Box 446102 **1**

COUNTRY LASS

Searching for love Country-loving happy lady, 42, green eyes, long curly hair, good figure, looking for a genuine guy for a serious relationship and happy moments. Box 883723 **1**

FAST LOVE

Single lady, 43, likes gardening, eating out, cinema, music and more, seeking male for friendship and maybe more. Box 446991 **1**

DEAL OR NO DEAL? (IN DEAL)

Deal-based lady, 43, divorced, brunette, green eyes, 5ft10, likes going out, pubs, clubs, cinema, shopping, walks, loves films and all sports except cricket. Box 430384 **1**

MISS JULIE

Bubbly blonde, 44, stupid and like having a laugh, good company, friendship, would like to meet new friends for hopeful love... Box 888162 **1**

NEW FRIENDS

Divorced woman, Maidstone area. I'm a nurse and enjoy family life, country, seaside, days out, socialising. I'm tall and slim, with blonde hair. Single dads welcome! Box 447982 **1**

LOVE TO LOVE

49yo female, medium build, blonde, quite short, seeking tall, confident, sensual guy for regular winning, dining, loving and laughter, honest, genuine and loving. Box 438854 **1**

CARING & PROFESSIONAL

Female 49, 5ft4, long hair, slim, likes eating out, the beach, travel, seeks a friendly chap, 48-55. Box 417100 **1**

YOU DONT KNOW UNTIL YOU CALL...

Young looking, hard working 53yr old living in East Sussex. I am a happy, caring person with a good sense of humour. Non-smoker. Heathfield. Box 883410 **1**

COMPANIONSHIP, LAUGHTER, HOPEFULLY MORE

Curvy & cuddly, outgoing, friendly, honest female, 53, 5ft7, larger build, fair hair, likes socialising, country walks, theatre, cinema, music, swimming, WLTm similar loving male. Box 443642 **1**

Quick, easy way to view a member's photo!

Look for the **1** symbol. Just enter the six-digit Box number, followed by a space, then PHOTO and send to 82250

Add a photo of yourself

Your phone must be WAP-enabled £1.50 per photo Register your number with us & send by MMS to 07746 738 788. Enter P2P as subject. MMS - standard network charges apply.

NOTHING VENTURED...

New to this, I'm a 53yr old woman, seeking loving, tactile man. I enjoy walks, countryside, having fun, nights in and out. Box 446282 **1**

SEEING THROUGH THE SHYNESS

Attractive female, 53, intelligent, kind, funny, non-smoking, WLTm nice, kind, normal male, 50-60, for theatre, laughs and more. Box 446383 **1**

CREATIVE INTERESTS

Hi my name is Susan (Kent) I'm a young 54, 5ft8, slim. I enjoy music, theatre, dining out socialising, WLTm man enjoying the same, with GSOH. Box 883251 **1**

JOY LIFE

55yr old woman, brown hair/blue eyes, 5ft2, I'm divorced with a grown up family. I enjoy reading, travel, cinema, music, eating out. WLTm caring, genuine man. Box 446798 **1**

ATTRACTIVE, LIVELY & YOUNG AT HEART

Affectionate tactile bubbly woman, young 56, 5'7", blonde, curvy, looking for lasting relationship with 50-58 year old loving man. Box 888680 **1**

TACTILE AND LOVING

Glamorous blonde, 50s, I'm friendly and enjoy photography, country walks, antiques, gardening etc. Non-smoker, divorced, 5ft4, average build. WLTm attractive guy, easy-to-get-on-with, 55-62, with GSOH. Box 445603 **1**

MAKE ME LAUGH, MAKE ME YOURS

Hi there, kind-hearted 57yr old sincere lady, non-smoker, recently separated, seeking kind, honest gent for friendship first and to make me laugh. Box 440637 **1**

WALKS ALONG THE COAST

Honest & sincere female, 58, tall, GSOH, loves country pubs, coasts, cinema, seeking a man who's a match for me with GSOH for relationship. Box 441622 **1**

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JUST IMAGINE

Petite, brunette, bubbly, friendly, easygoing single mum, 49, enjoys cinema, eating out, socialising, most things, WLTm genuine male, to see where life takes us! Box 893562 **1**

WHERE R U?

Cheerful, honest, popular blonde, 50yrs old, 5ft2, slim, looking to find an honest, loyal man. I am, call again, leave contact details. Box 887347 **1**

NEW FRIENDS

Divorced woman, Maidstone area. I'm a nurse and enjoy family life, country, seaside, days out, socialising. I'm tall and slim, with blonde hair. Single dads welcome! Box 447982 **1**

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IS THERE SOMEONE OUT THERE?

Lonely lady, 62, 5ft3, medium build, brown hair/eyes, likes dancing, walks, animal, seeks caring, considerate, outgoing male for friendship leading to LTR. Box 446382 **1**

Women seeking women

FRIENDSHIP, MAYBE MORE

Curvy bi female, 32, seeks like-minded woman, for friendship, hopefully more. Single mum, work part time. Box 886142 **1**

LOVE TO LOVE

Easygoing female, 40, blue eyes, blonde hair, medium build, likes winning, dining, socialising, holidays, walks cinema; seeking likewise female for companionship and more. Box 446953 **1**

ATTRACTIVE, BUBBLY LADY

52yrs, 5ft6, blonde, size 12 enjoys good food/wine, theatre, countryside, holidays, seeking a sincere, genuine female, for friendship first, possibly relationship. Box 414143 **1**

Men seeking women

RELATIONSHIP STATUS

Outgoing fun-loving person, 23, brown hair, brown eyes, medium build, 5ft8, likes going out, staying in, pubs, clubs, seeking girl with nice personality for love. Box 444424 **1**

BLUE-EYED BOY

5ft8, blond-haired, blue-eyed, average build guy, 23, likes hanging out with friends, trying new things, meeting new people, seeking similar girl for mutual love. Box 888422 **1**

DO I ATTRACT YOU?

Hi, I'm Alex, 27, from South Africa, love reading, cooking, clubbing, travelling, seeking fun-loving woman, for friendship, leading to more. Box 447840 **1**

GET IN TOUCH

Very romantic and genuine guy, 28, 5ft8, likes quiet nights in, romantic walks cinema, candlelit dinners; seeking female 24-35 for love. Box 448091 **1**

FOR LOVE

Hard-working male, 29, 5ft10, dark hair, brown eyes, medium build, plays harder! likes going/leaving out, walks, pubs, loves life, seeking similar happy, trustworthy lady. Box 442752 **1**

BE MY BABY?

Apparently good looking white male (I), 35, 6ft5, medium-muscular build, dark brown hair/eyes, likes keeping fit, reading, wildlife; seeks similar girl for love. Box 448089 **1**

LAYING THE FOUNDATIONS

Female 46, average build, I'm romantic and like animals and holidays. Box 447858 **1**

SOMEONE TO SHARE LOVE WITH

Kind, considerate, caring, honest guy, 47, 6ft, hazel eyes, brown hair, medium build, like football, swimming, reading, driving, seeking caring female to share life with! Box 892531 **1**

THE WIND BENEATH YOUR WINGS

Guy of 40, outgoing, fun, tall, told I'm handsome, easygoing, looking to meet a nice, attractive lady to sweep off her feet. Box 883376 **1**

PUT THE SPICE BACK IN!

Family orientated guy, 41, separated, looking to find a lady who wants the fun and company of a partner back into their life. Box 884085 **1**

SEARCHING FOR LOVE

Genuine single fella, 41, worked hard all my life now need to find love, seeking loving lady to have loads of fun and more with. Box 884098 **1**

MAKE IT A LOVELY DAY

Hi I'm Carl, 48, GSOH, 6ft, light green eyes, brown hair, looking for a fun, bubbly woman to share laugh, days out and much more. Box 436966 **1**

ASHFORD MAN

Attractive guy, nice to be with, laid back, I'm 41, 5ft8, medium/stokey build, brown hair. Own business and home, enjoys walks, pubs, wine, restaurants, cinema. Box 437225 **1**

EVER CHANGING COLOURS

Ian, 40, 5'7", medium build, green eyes turning blue when it is cold, loves live sports, golf, seeking an active female, 30-39. Box 899003 **1**

HONEST AND LOYAL

42yr old guy, new in town, 5ft8, muscular build, been hurt in past, looking for someone similar to move on in life with. Hastings Box 446668 **1**

GET BACK

Gentle male, 42, brown eyes, medium build, works hard, own place, seeking similar female, no hassles/ies, to enjoy cinema, conversation, eating out and more with. Box 444952 **1**

SEEKING GIRLY GIRL

Attractive mixed race male, 41, 5'10", likes chatting, music, looking for a female female under 44. Swale, Medway boroughs. Box 883281 **1**

POPCORN?

MOTORS NEWS



French coupé chic

RENAULT dealers have the French marque's new halo model in stock – the sleek and sporty Laguna Coupé.

Gary Obee of Motorline Ashford said: "For what is such a strikingly beautiful and well equipped car, the price tag (from £20,995) is incredibly low and it comes with a host of equipment as standard."

The newcomer offers two versions of Renault's acclaimed 2.0 dCi diesel engine and two petrol engines (2.0 and 3.5 V6) all with six-speed transmission – a 3.0 V6 dCi is also promised soon.



Extra zero appeal

SUZUKI has extended its recession-busting zero per cent finance offer until March 31 and this includes the Swift supermini and new ultra-economical 1.0-litre version of the Splash mini-MPV.

The Japanese brand has also added a cool new option to the lively 1.6-litre Swift Sport – cool white pearl metallic paint – from £11,750.

In addition, there is a new website to stoke consumer interest in the latest Alto budget model due on March 1, with CO2 emissions of only 103 g/km and potential 62 mpg.



Strangled at birth?

PETROLHEAD rumour-mongers will have fun with this gorgeous VW roadster concept unveiled at the Auto Show in Detroit.

The German car giant insists that "Concept BlueSport is a design study with no immediate plans for production", but one wonders whether this decision was made before or after Porsche's recent takeover of the VW Group and its understandable concern about potential damage to Porsche Boxster sales.

The supercar brand already has a 'cuckoo' in the VW corporate nest – Audi's Porsche 911 rival, the R8.



CLASSY: The Fabia's Sport trim adds a few thousand to the price of your car, but it's money well spent when you consider savings in relation to other such cars

Sport's style peps up Fabia

ROAD TEST SKODA FABIA

BY STEVE LOADER

STAR QUALITY

Driving appeal	★★★★★
Image	★★★★★
Space	★★★★★
Value	★★★★★
Running costs	★★★★★
Reliability	★★★★★
Green rating	★★★★★

standard Fabia's robust materials, ample stowage and – this time around – much 'sunnier' cabin.

It is all a far cry from the Soviet Bloc Skoda plastic-covered card trim of a few decades ago.

A decent size boot with thoughtful detachable stowage bin and two-position parcel shelf, also exhibits modern Skoda's usual thoughtful design.

There is no special chassis tuning to go with the Sport label – this is, no doubt, reserved for the vRS successor – but the basic Fabia set-up is suited to both staid and spirited driving.

Skoda has managed to pitch the ride quality well for the supermini class, yet the car grips and corners with great style.

I had mixed feelings about the flagship 105bhp 1.9TDI engine in our £13,155 test car though.

It is powerful and frugal – capable of averaging nearly 60mpg – but feels heavy and raucous except during motorway cruising, when its economy is best enjoyed.

Consequently, I think many customers should check out the cheaper 1.2 and 1.6-litre petrol and 1.4 diesel Fabia Sport alternatives.



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Official Government Test Environmental Data - Fuel Consumption Figures mpg (litres/100km): Corsa range: urban 26.9 (10.5) - 49.6 (5.7), extra-urban 44.1 (6.4) - 74.3 (3.8), combined 35.8 (7.9) - 62.8 (4.5), CO₂ Emissions 119 - 190g/km.

Model shown has optional 17-inch alloy wheels available at extra cost. Up to 74.3mpg figure refers to extra-urban cycle on the Corsa 1.3CDTi (75 PS). £35 refers to annual road tax cost on Corsa 1.3CDTi (75PS) models. No deposit 0% finance available on selected Corsa models. Finance by GMAC UK plc, applicants must be aged 18 or over. Finance offer available at participating retailers only. Offers may not apply to all retailer stocks. UK supplied vehicles only. A guarantee and/or indemnity may be required. Ecoflex offer is available on selected engines and applies to the trade in and agreement to scrap one vehicle only. To qualify for this offer, a customer must purchase one of the eligible models, trade in a vehicle and agree to scrap the vehicle. The trade in vehicle must have been registered in the name of the customer prior to 30.06.08. Vehicle must be able to be driven on the highway. The customer must supply a vehicle registration document (V5C) and a valid MOT certificate to the retailer for the trade in vehicle. Vauxhall will ensure the vehicle is scrapped under the end of life vehicle directive and a certificate of destruction will be held by the retailer. If the customer agrees to scrap the vehicle a total of £1000 (inc. VAT) will be paid towards the purchase of a new eligible model irrespective of the current market value of their vehicle. For more details on this offer and the eligible models go to www.offers.vauxhall.co.uk or visit your local retailer. Offers available to private individuals, Vauxhall Partners and small businesses 1-24 (purchase only). All other sales categories are excluded. All offers apply to selected new vehicles ordered or registered between 03.12.08 and 02.02.09, and are subject to status, eligibility, terms and conditions. (Vaux63797)

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YEAR	REG	MODEL	ENGINE	DOORS	COLOUR	MILEAGE	£
CORSA							
2001	51*	Corsa Sxi	12	5	Petrol blue	69,500	3,295
2005	55	Corsa Sxi	12	3	Black sapphire	28,600	5,495
2006	56	Corsa Design	14	3	Air blue	15,800	7,495
2007	57	Corsa VXR	16	3	Arden blue	25,500	11,295
2008	08	Corsa Breeze CDTi	13D	3	Star silver	3,025	9,445
2008	08	Corsa VXR	16	3	Arden blue	4,700	13,995
2008	08	Corsa Breeze CDTi	13	5	Star silver	3,340	9,995
2008	08	Corsa Design	13D	3	Star silver	3,025	10,495
2008	08	Corsa Design	14	3	Star silver	2,950	10,495
2008	08	Corsa Breeze CDTi	13D	3	Star silver	2,000	9,795
2008	08	Corsa Breeze CDTi	13D	3	Star silver	1,880	9,795
2008	08	Corsa Breeze CDTi	13D	3	Flame red	2,425	9,495
TIGRA							
2006	06	Tigra Exclusiv	14	2	Star silver	15,975	9,495
MERIVA							
2006	56	Meriva Design CDTi Ext pk	17D	5	Metro blue	29,170	7,995
2008	08	Meriva CDTi Breeze +	13D	5	Star silver	3,350	11,995
2008	08	Meriva Breeze	14	5	Black sapphire	12,500	8,995
SIGNUM							
2003	53*	Signum Design	22	5	Star silver	86,200	3,695
2007	57	Signum Exclusiv CDTi Nav	19D	5	Star silver	9,950	12,995
AGILA							
2001	51*	Agila Enjoy	12	5	Green tea	76,350	2,595
2008	08	Agila Club Automatic	12	5	Moroccan blue	3,450	9,295
2008	58	Agila Club CDTi	13	5	Star silver	1,455	8,995
VECTRA							
2005	05	Vectra Sri	22	5	Star silver	30,550	6,995
2008	57	Vectra CDTi Exclusive Auto	19D	5	Ultra blue	5,350	11,995
2008	08	Vectra Exclusiv CDTi	19D	5	Star silver	13,075	9,995
ASTRA							
2005	55	Astra Breeze	16	5	Silver lightening	38,000	6,795
2006	06	Astra Sxi CDTi	17D	5	Silver lightening	20,850	7,695
2007	07	Astra Energy Auto	18	5	Star Silver	15,300	7,575
2007	57	Astra Club CDTi Est	13D	5	Panacotta	8,275	9,995
2007	57	Astra Club CDTi	17D	5	Star silver	10,680	9,695
2007	57	Astra SRI	18	5	Silver Lightning	9,650	8,995
2007	57	Astra Sport Twin Top	18	2	Star Silver	14,650	11,995
2008	57	Astra Breeze Plus	17D	5	Star silver	12,300	10,995
2008	57	Astra Club CDTi Est	13D	5	Star silver	17,300	10,495

YEAR	REG	MODEL	ENGINE	DOORS	COLOUR	MILEAGE	£
2008	08	Astra Breeze CDTi	17D	5	Star Silver	9,350	10,495
2008	08	Astra Exc IS200 Convert.	19D	2	Black	8,885	16,995
2008	08	Astra Sri CDTi Ext pack	19D	5	Star silver	5,630	13,995
2008	08	Astra Club Auto	18	5	Star silver	3,460	10,895
2008	58	Astra Sports hatch Sxi	14	3	Star silver	2,810	10,495
ZAFIRA							
2005	05	Zafira Life	18	5	Ultra blue	38,250	5,995
2005	05	Zafira Design	16	5	Star silver	39,000	6,195
2005	55	New Zafira Life A/c	16	5	Flame red	31,650	6,995
2007	57	Zafira Exclusiv	16	5	Silver lightening	13,150	8,995
2008	08	New Zafira Breeze CDTi +	19D	5	Star silver	3,985	13,995
2008	08	Zafira Club CDTi	19D	5	Star silver	8,500	12,495
NON VAUXHALL							
2004	53*	Peugeot 307 Envoy	14	5	Silver	72,650	3,695
2002	52*	Fiesta Zetec	14	5	Metallic green	74,400	3,495
2006	56*	Hyundai Coupe Atlantic	2.0	2	Silver	17,200	7,995
DUE SOON							
2006	06	Corsa Sxi+	12	3	Silver lightening	18,000	5,995
2008	08	Corsa Design CDTi	13D	5	Metro blue	TBA	11,345
2008	08	Corsa Breeze CDTi	13D	3	Star silver	TBA	9,795
2008	08	Astra Breeze Plus	14	3	Black sapphire	TBA	10,495
2008	08	Astra Breeze	14	5	Black sapphire	TBA	9,995
2005	55	Zafira Club	16	5	Silver lightening	43,000	7,145
USED SELECTION							
2007	07	Astravan Sportive	19 CDTi		Moonland	25,000	£7,995+VAT
2007	57	Astravan Sportive	19 CDTi		White	9,500	£7,995+VAT
2008	08	Astravan SE Sportive	19D		Star silver	5,760	£10,995+VAT
2007	57	Combo Side door: ply lined	13D CDTi		White	13,475	£6,495+VAT
2007	07	Combo Crew van, PAS	13D		White	8,700	£7,995+VAT
2008	08	Combo Air con	13D		Silver	1,218	£7,995+VAT
2006	56	Movano 100bhp	25 CDTi LWB		Silver	19,700	£9,995+VAT
2007	57	Movano Long wheel base	250CDTi		White	10,300	£12,995+VAT
2008	08	Movano Bulkhead, MWB	25CDTi		White	11,050	£11,995+VAT
2008	08	Movano Long wheel base	25D		White	6,460	£13,995+VAT
2005	55*	Vivaro Long wheel base	19D		Red	57,500	£8,995+VAT
2007	57	Vivaro Short wheel base	19 CDTi		White	12,100	£9,495+VAT
2007	57	Vivaro Alarm, Plylined	20 CDTi		White	11,780	£9,795+VAT
2007	57	Vivaro SWB, air con	20CDTi		White	9,250	£9,995+VAT
2008	08	Vivaro Plylined, LWB	20 CDTi		White	5,050	£10,995+VAT
2008	08	Vivaro Plylined, SWB	20CDTi		White	16,050	£9,795+VAT
2008	08	Vivaro Tech shift	25CDTi		Star silver	3,190	£15,995+VAT
2005	55*	Traffic LWB Aircon	19 DTi		Blue	76,100	£5,995+VAT

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USED CAR ROUND-UP: OUR PICK FROM A KEY SECTOR

ROAD TAX AND FUEL SAVERS

VOLATILE fuel prices and a hike in road tax charges have combined with recession fears to force a reality check on Britain's drivers. The good news is that you do not have to buy new to slash your motoring costs, even if used prices on top economy cars have boomed as 'gas guzzler' values went bust. Neither must you give up on style; our choice here includes two real 'scrooge' options, but the MINI D can look after your wallet and street cred for a little more outlay upfront.

carsfor Kent.co.uk

FIAT PANDA



FIAT'S five-door city car shows a space-efficient interior does not have to result in a utilitarian exterior. The compact Italian is also decent to drive, cheap to insure and costs peanuts to run. The Panda of the 80s was also cheap and cheerful, but didn't feature the cutting edge technology of its modern day counterpart. A lively turbodiesel – averaging more than 65mpg – and a rugged little 4x4 option only add to the Panda's powerful attractions.

STAR QUALITY

Driving appeal	★★★★★
Looks and image	★★★★★
Space	★★★★★
Value	★★★★★
Running costs	★★★★★
Reliability	★★★★★
Quality	★★★★★

PEUGEOT 107



PEUGEOT'S smallest model is the best seller of a joint venture three and five-door city car project that also spawned the Toyota Aygo and Citroen C1. All come from the same production line in the Czech Republic and, with minor styling tweaks, are modern, stylish, cheap to run and reliable. Launch prices were not as cheap as expected, but robust new car sales and secondhand values indicate the public is willing to pay to save money and the planet.

STAR QUALITY

Driving appeal	★★★★★
Looks and image	★★★★★
Space	★★★★★
Value	★★★★★
Running costs	★★★★★
Reliability	★★★★★
Quality	★★★★★

MINI D



USED values for the frugal yet lively diesel version of BMW's MINI are steep, but the rewards are worth it; the car drives well, oozes class, will save money and be worth more when you sell. The downside is a relatively cramped interior in comparison with its exterior – the antithesis of its all-British forebear – and rarity when buying. A late 'Mark II' petrol version with BMW's eco-friendly 'Efficient Dynamics' package is a possible alternative though.

STAR QUALITY

Driving appeal	★★★★★
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08 Reg Mazda3 1.4 S 5dr	£7,390	£11,568	£4,178
08 Reg Mazda3 2.0d Sport 5dr	£12,990	£16,624	£3,634
58 Reg Mazda5 2.0d Sport 5dr	£14,290	£16,624	£2,334
07 Reg Mazda6 2.0 TS2 [147] 5dr	£8,590	£17,930	£9,340
57 Reg Mazda CX-7 2.3T 5dr	£15,190	£24,448	£9,258
08 Reg Mazda MX-5 1.8i [Option Pack]	£11,849	£16,203	£4,354
08 Reg Mazda MX-5 2.0i [Option Pack]	£12,499	£17,181	£4,682

Peugeots

	OUR PRICE	WAS NEW	YOU SAVE
08 Reg Peugeot 207 1.4 VTi S [95] 5dr	£7,790	£12,013	£4,223
07 Reg Peugeot 207 1.6 VTi SE [120] 5dr	£8,490	£12,622	£4,132
08 Reg Peugeot 207 1.6 HDi 90 S 5dr	£9,990	£13,039	£3,049
08 Reg Peugeot 308 1.6 VTi Sport 5dr	£10,490	£15,390	£4,900
57 Reg Peugeot 308 1.6 HDi 110 Sport	£10,990	£17,445	£6,455
08 Reg Peugeot 308 1.6 HDi 110 SE 5dr	£12,490	£18,423	£5,933
08 Reg Peugeot 308 2.0 HDi GT 5dr	£13,590	£20,186	£6,596
57 Reg Peugeot 407 2.0 HDi 136 SE 5dr	£10,190	£18,455	£8,265

Renaults

	OUR PRICE	WAS NEW	YOU SAVE
58 Reg Renault Twingo 1.2 TCE GT 3dr	£6,999	£10,157	£3,158
07 Reg Renault Clio 1.4 16V Dynamique	£7,290	£10,437	£3,147
08 Reg Renault Clio 1.5 dCi Dynamique 3dr	£8,990	£12,201	£3,211
08 Reg Renault Grand Modus 1.6 5dr Auto	£8,090	£13,158	£5,068
08 Reg Renault Megane 2.0 Renaultsport 225	£12,890	£19,195	£6,305
08 Reg Renault Laguna 2.0 dCi Dynamique 5dr	£12,490	£17,229	£4,739
08 Reg Renault Laguna 2.0 dCi 180 GT 5dr	£14,290	£21,438	£7,148
58 Reg Renault Koleos 2.0 dCi Privilege 5dr	£20,390	£23,367	£2,977

Other Makes

	OUR PRICE	WAS NEW	YOU SAVE
07 Reg Citroen C3 1.6 HDi 16V Exclusive 5dr	£6,799	£13,032	£6,233
07 Reg Ford Fiesta 1.25 Style 3dr (Climate)	£5,999	£9,622	£3,623
57 Reg Ford Focus 1.6 Zetec 5dr (Climate) 5dr	£8,499	£15,045	£6,546
57 Reg Ford Mondeo 1.8 TDCi Edge 5dr	£9,750	£16,795	£7,045
57 Reg Vauxhall Astra 1.8i VVT Elite 5dr	£8,299	£17,015	£8,716
07 Reg Vauxhall Corsa 1.2i 16V Life 3dr	£6,599	£9,497	£2,898
07 Reg Vauxhall Vectra 1.8i VVT Exclusiv 5dr	£6,990	£14,897	£7,907
57 Reg Vauxhall Zafira 1.9 CDTi Design	£11,999	£21,705	£9,706

58 Reg Mazda
Mazda2 1.4D TS2 3dr
Was New £11213
Our Price £9190
Saving against new £2023

08 Reg Mazda
MX-5 2.0i Sport 2dr
Was New £18650
Our Price £12999
Saving against new £5651

08 Reg Peugeot
308 1.6 HDi 110 S 5dr
Was New £15794
Our Price £10290
Saving against new £5504

58 Reg Renault
Clio 1.2 TCE Expression 3dr
Was New £11495
Our Price £7720
Saving against new £3775

57 Reg Renault
Laguna 2.0 dCi 150 Dynamique Auto
Was New £19970
Our Price £12690
Saving against new £7280

07 Reg Vauxhall
Vectra 1.8i VVT Llife 5dr
Was New £16300
Our Price £7299
Saving against new £9001

08 Reg Mazda
Mazda3 2.0 Sport 4dr
Was New £16624
Our Price £11990
Saving against new £4634

08 Reg Peugeot
207 1.4 16v Sport 3dr
Was New £12160
Our Price £7790
Saving against new £4370

57 Reg Peugeot
4007 2.2 HDi GT 5dr
Was New £25864
Our Price £16990
Saving against new £8874

58 Reg Renault
Megane 1.6 VVT Dynamique 5dr
Was New £15967
Our Price £9999
Saving against new £5968

57 Reg Fiat
Grande Punto 1.2 Active 5dr
Was New £9050
Our Price £5099
Saving against new £3951

07 Reg Ford
C-Max 1.6 TDCi Zetec 110 5dr
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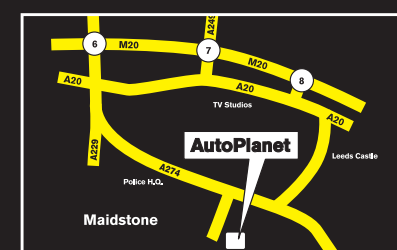
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- N** **Suzuki Vitara JLX**, 1600cc Utility Van (White), long MOT, absolute bargain, Ideal off roader **£495**
- K** **Renault Espace RN 1995cc**, (Silver) 7 seater, 4 years MOT, on sale..... **£495 TO CLEAR**
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- 52 MITSUBISHI L200 ANIMAL LWB 4WD** pick-up 2.5cc (green/silver) full leather, E/M, E/W aircon, chequered plate, lockable shutter, also available good as new truckman top, tax and MOT **£4,495**
- Y** **CITROEN XSARA LX 8V, 5 door hatch**, 1400cc (green), long MOT, C/L, E/W, E/M **£1,195**
- X** **HYUNDAI COUPE SPECIAL EQUIPMENT 2.0 litre (blue)** full leather, E/W, E/M, C/L, aircon, long MOT **£1,495**
- X** **CITROEN XANTIA FORTE HDI**, 2.0 litre (Silver), long MOT, C/L, E/M, E/W, CD player **£1,295**
- X** **RENAULT MEGANE MONACO 2.0 litre (Black)**, full leather, C/L, 6 stack CD player, radio cassette, aircon, E/W, E/M, MOT and taxed, ECU problem hence price **£500**
- W** **MAREA 100 ELX Auto 1600cc (Blue)**, E/M, E/W, CD player, 1 year MOT on sale **£1,195**
- W** **VOLKSWAGEN PASSAT SPORT 2.0V turbo** 4 door, 1800cc (Green), E/M, E/W, aircon, C/L, CD player, 1 year MOT on sale at great value **£1,195**
- W** **SUZUKI SWIFT SKY**, 3 door hatch 1000cc (Blue), long MOT, cheap to insure & tax Absolute bargain **£695**
- W** **SUZUKI BALENO GLX 1600cc (Blue)**, C/L, E/W, E/M, aircon, 1 years MOT on sale **£995**
- W** **OPAL (VAUXHALL VECTRA)** 5 door hatch 1800cc, 2 tone paintwork, E/M, E/W, aircon, C/L, 1 year MOT on sale **£1,195**
- T** **RENAULT LAGUNA RN 1600cc**, long MOT, C/L, E/W, E/M, aircon **£895**
- T** **TOYOTA AVENSIS GS**, 1800cc (Red), E/M, E/W, aircon, CD player, 1 year MOT **£1,595**
- S** **RENAULT MEGANE RT1.6E SCENIC Auto (Red)**, E/M, E/W, aircon CD player, taxed and MOT to clear **£995**
- S** **HONDA CR-/2 litre LS (Blue)**, E/M, E/W, C/L, CD player, 1 years MOT **£1,995**
- R** **FIAT ULYSSE 2 litre S (Red)**, 7 seater, E/M, E/W, C/L, long MOT **£1,095**
- R** **VAUXHALL VECTRA LS 2 litre estate (Blue)**, E/W, E/M, long MOT **£695**
- R** **CITROEN SAXO SX AUTO**, 5 door hatch, 1400cc (green), long MOT **£795**
- R** **HYUNDAI ACCENT COUPE**, 3 door hatch 1400cc, C/L, stereo, long MOT **£795**
- P** **MERCEDES C200 ELEGANCE AUTO (Green)**, E/M, E/W, aircon, C/L, CD player, MOT **£995**
- P** **CITROEN XANTRA LX estate 1800cc**, (Green), E/M, E/W, long MOT **£695**
- P** **VAUXHALL TEGRA (Blue)** 1400cc, E/W, E/M, CD Player, MOT **£1,095**
- N** **VOLKSWAGEN GOLF 1400cc**, 5 door hatchback, clean & tidy, long MOT **£695**
- N** **MERCEDES with private plate (Red)**, MOT, only 76,000 miles, C/L, CD player, E/M, E/W, aircon **£1,295**
- L** **MAZDA 626 GLXABS, 2 litre in red**, E/M, E/W, aircon, C/L, 1 years MOT **£795**
- J** **LEXUS LS400** in silver, every extra, price to clear **£995**
- J** **CITROEN BX**, 5 door hatchback, 1400cc (Grey) only 58,000 from new, 1 year MOT on sale part exchange to clear **£395**
- 01 VOLVO 560 TS Auto** with private plate, 2.0 litre in silver, full leather, full heated electric seats, CD player, plus 6 stack, aircon, E/W, E/M, fantastic condition, taxed With long MOT **£2,995**
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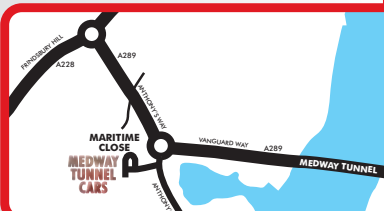
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MAZDA 6 TS 2.0 TDI 143PS

2006/56, 33000 Miles Met Silver (Grey/Black), 5 dr H/Back Diesel, 1 Owner, ABS, Adjust. seats, Adjust. steering column/wheel, Alloy wheels, C/Control, Computer, Cruise control, Driver airbag, E/Windows, E/Mirrors, Immobiliser, Passenger airbag, PAS Remote locking, Side airbags, Balance of the Manufacturers warranty, Debt and credit cards accepted, Finance Arranged, PX welcome, Air conditioning, Full Service History, Insurance Group: 8, Now reduced from £8495

BMW 320D SE AUTOMATIC

2004/54, 34000 Miles Silver (Black Leather), 4 dr Saloon Diesel Auto, Climate Control, Leather Upholstery, PAS, ABS, Air Bag, Pas Air Bag, Alloy Wheels, Remote Central Locking, C/C, E/Windows, E/Mirrors, FSH, Alarm, Immobiliser, 2 Owners, New MOT & Pre-delivery inspection, parking sensors, Now reduced from £8995

FORD STREETKA 1.6 ICE ROADSTER

2006/06, 28000 Miles Metallic ice (Black Leather), 3 door Convertible, 2 Owners, ABS, Adjustable seats, Air conditioning, Alloy wheels, Driver airbag, E/Mirrors, E/Windows, Foglights, Heated seats, Leather seats, Immobiliser, Pas. airbag, Power assisted steering, Remote locking, Radio/CD, Sports seats, Balance of the Manufacturers warranty, PX welcome, Full Service History, Anti theft system, CD, Colour coding - Body, Leather upholstery, Locking wheel nuts, Insurance Group: 7, Now reduced from £7495

FORD MONDEO 2.0TDCI 130 GHIA

2006/06, 50000 Miles Metallic Silver (Charcoal), 5 door Hatchback Diesel, 1 Owner, ABS, Adjustable steering column/wheel, Alloy wheels, C/Control, Computer, Cruise control, Driver airbag, E/Mirrors, E/Windows, Foglights, Front armrest, Elec. adjustable seats, Lumbar support, Immobiliser, Pas. airbag, Power assisted steering, Remote locking, Side airbags, Radio/CD, Multichanger, Balance of the Manufacturers warranty, Part exchange welcome, Insurance Group: 9, parcel hands free phone kit fitted, Now reduced from £7695

FORD MONDEO 2.0TDCI 115 ZETEC

2005/55, 39000 Miles Met/Black (Charcoal), 5 dr H/Back Diesel, 1 Owner, ABS, Adjustable steering column/wheel, Alloy wheels, Climate Control, Computer, Cruise control, Driver airbag, E/Mirrors, E/Windows, Foglights, Front armrest, Elec. adjustable seats, Lumbar support, Immobiliser, Pas. airbag, Power assisted steering, Remote locking, Side airbags, Radio/CD, Multichanger, Balance of the Manufacturers warranty, PX welcome, Full Service History, Insurance Group: 9, Now reduced from £7295

FORD MONDEO 2.0TDCI 115 ZETEC, ESTATE

2005/55, 46000 Miles Met. Quartz (Grey/Black), 5 dr Estate Diesel, 2 Owners, ABS, Adjust. seats, Adjust. steering column/wheel, Alloy wheels, C/Control, Computer, Cruise control, E/Mirrors, E/Windows, Foglights, Electrically adjustable seats, Folding rear seats, Lumbar support, Immobiliser, Pas. airbag, Power assisted steering, Remote locking, Side airbags, Radio/CD, Rear headrests, Balance of the Manufacturers warranty, Most credit and debit cards accepted, Air conditioning, Anti theft system, CD, Child locks, Heated screen, Met. paintwork, Tinted glass, FSH, Insurance Group: 9, Now reduced from £7495

FORD MONDEO 2.0TDCI 115 LX

2005/06, 38000 Miles Machine Silver (Charcoal), 5 dr Hatchback Diesel, 1 Owner, ABS, Adjust. seats, Adjust. steering column/wheel, Air conditioning, Computer, Cruise control, Driver airbag, E/Mirrors, E/Windows, Elec. adjustable seats, Folding rear seats, Immobiliser, Pas. airbag, Power assisted steering, Remote locking, Side airbags, Radio/CD, Multichanger, Balance of the Manufacturers warranty, PX welcome, Insurance Group: 9, Now reduced from £8995

FORD MONDEO 2.0TDCI 115 LX

2006/06, 39600 Miles Met. Tonic Blue (Charcoal), 5 dr H/Back Diesel, 1 Owner, ABS, Adjust. seats, Adjust. steering column/wheel, Air con, Computer, Cruise control, Driver airbag, E/Mirrors, E/Windows, Electrically adjustable seats, Headlight washers, Folding rear seats, Immobiliser, Pas. airbag, Power assisted steering, Remote locking, Side airbags, Balance of the Manufacturers warranty, Finance Arranged, PX welcome, Full Service History, Insurance Group: 9, Now reduced from £6795

FORD MONDEO LX 2.0 AUTOMATIC

2005/55, 18000 Miles Silver (Charcoal), 5 dr H/Back Auto, C/Control, PAS, ABS, Air Bag, Pas Air Bag, Remote Central Locking, Cruise Control, E/Windows, E/Mirrors, One Owner, Service History, Alarm, Immobiliser, Finance & Loans Available, New MOT & Pre-delivery inspection, Now reduced from £5995

FORD MONDEO 2.0 LX TDI

2002/02, 67000 Miles Grey Met. (Charcoal Trim), 5 dr Hatchback Diesel, Air Con, PAS, ABS, Air Bag, Pas Air Bag, Remote Central Locking, E/Windows, E/Mirrors, Service History, Alarm, Immobiliser, RAC warranty available on this car, Finance & Loans Available, 2 Owners, New MOT & Pre-delivery inspection, Insurance Group: 8, Now reduced from £3995

FORD FOCUS 1.8 TDCI LX

2006/06, 38000 Miles Met. Blue (Charcoal), 5 dr H/Back Diesel, 1 Owner, ABS, Adjust. seats, Adjust. steering column/wheel, Air con, Driver airbag, E/Mirrors, E/Windows, Folding rear seats, Immobiliser, Pas. airbag, PAS, Remote locking, Side airbags, Balance of the Manufacturers warranty, PX welcome, Insurance Group: 6, Now reduced from £7495

FORD FOCUS 1.6 ZETEC CLIMATE AUTOMATIC

2007/07, 17000 Miles Ocean Blue (Charcoal Trim), 5 dr H/Back Auto, Air Con, PAS, ABS, Air Bag, Passenger Air Bag, Alloy Wheels, Remote Central Locking, E/Windows, E/Mirrors, One Owner, FSH, Alarm, Immobiliser, Balance of the Man/Fac, Warranty, Now reduced from £7495

FORD FIESTA STYLE 1.4 TDCI

2006/56, 39000 Miles Green Met. (Charcoal Trim), 5 dr H/Back Diesel, PAS, ABS, Air Bag, Pas Air Bag, Remote Central Locking, E/Windows, E/Mirrors, One Owner, Service History, Alarm, Immobiliser, Balance of the Man/Fac, Warranty Debt & credit cards accepted, Finance & Loans Available, Now reduced from £6295, £35 road fund lic, 60+mpg

MAZDA 6 TS 2.0 TDI 143PS

2006/56, 37000 Miles Grey Met. (Charcoal Trim), 5 dr H/Back, Climate Control, PAS, ABS, Air Bag, Pas Air Bag, Alloy Wheels, Remote Central Locking, Cruise Control, E/Windows, E/Mirrors, One Owner, FSH, Alarm, Immobiliser, Balance of the Man/Fac, Warranty, Finance & Loans Available, Now reduced from £8495

MERCEDES BENZ E 220 CDI AVANTGARDE

2003/53, 73000 Miles Silver (Black Leather), 4 dr Saloon Diesel Automatic, Air Con, C/Control, Leather Upholstery, PAS, ABS, Air Bag, Passenger Air Bag, Alloy Wheels, Remote Central Locking, Cruise Control, Electric Windows, E/Mirrors, E/Seats, One Owner, FSH, Alarm, Immobiliser, Finance & Loans Available, New MOT & Pre-delivery inspection, Now reduced from £11995, 4 New 18" AMG alloys

MINI COOPER 1.6I PEPPER

2005/55, 33000 Miles Red/White Roof (Charcoal Sports Trim), 3 dr H/Back, 1 Owner, ABS, Adjust. seats, Adjust. steering column/wheel, Alloy wheels, Driver airbag, E/Mirrors, E/Windows, Immobiliser, Passenger airbag, Power assisted steering, Remote locking, Side airbags, 12 months new MOT, Debt and credit cards accepted, Finance Arranged, PX welcome, Air con, CD, Full Service History, Sports seats, Insurance Group: 6, pepper-pack, White roof and mirrors, bonnet stripes Now reduced from £8995

NISSAN MICRA SR 1.6I SPORT

2006/56, 12000 Miles Silver (Black Leather), 5 dr H/Back, C/Control, Leather Upholstery, PAS, ABS, Air Bag, Passenger Air Bag, Alloy Wheels, Remote Central Locking, E/Windows, E/Mirrors, One Owner, Service History, Alarm, Immobiliser, Sports Pack, Balance of the Man/Fac, Warranty Now reduced from £5995



FORD FOCUS 1.6 ZETEC CLIMATE

2007/07, 32000 Miles Met Silver (Grey/Black), 5 door Hatchback, 1 Owner, ABS, Adjust. seats, Adjust. steering column/wheel, Alloy wheels, C/Control, Computer, Driver airbag, E/ mirrors, E/Windows, Foglights, Folding rear seats, Immobiliser, Passenger airbag, Power assisted steering, Remote locking, Side airbags, Sports seats, Balance of the Manufacturers/warranty, PX welcome, Full Service History, Insurance Group: 6, Now reduced from £6995

VAUXHALL ZAFIRA 1.8I CLUB 7-SEATER

2007/07, 20000 Miles Met. Lightening Grey/L, 5 dr Est. Air Con, C/Control, PAS, ABS, Air Bag, Pas Air Bag, Alloy Wheels, Remote Central Locking, E/Windows, E/Mirrors, Alarm, Immobiliser, 1 Owner, Balance of the Manufacturers warranty, PX welcome, Insurance Group: 8, Now reduced from £8495



FORD FIESTA STYLE 1.4 TDCI

2006/56, 38000 Miles Purple Met (Charcoal Trim), 5 dr H/Back Diesel, PAS, ABS, Air Bag, Passenger Air Bag, Remote Central Locking, E/Windows, One Owner, FSH, Alarm, Immobiliser, Balance of the Man/Fac, Warranty Now reduced from £5995, £35 road fund lic, 60+mpg

PEUGEOT 307 SW 1.6 HDI S

2007/56, 34000 Miles Silver (Charcoal Trim), 5 dr Est. Diesel, Air Con, PAS, ABS, Air Bag, Pas Air Bag, Alloy Wheels, Remote Central Locking, Cruise Control, E/Windows, E/Mirrors, One Owner, FSH, Alarm, Immobiliser, CD Player, Stereo, Balance of the Man/Fac, Warranty, Possible 7-seater Panoramic glass roof with full electric sun blind, Now reduced to £7495

PEUGEOT 207 S 1.4 HDI

2007/07, 21000 Miles Silver (Charcoal Trim), 5 dr H/Back Diesel, Air Con, PAS, ABS, Air Bag, Pas Air Bag, Remote Central Locking, E/Windows, One Owner, Service History, Alarm, Immobiliser, Balance of the Man/Fac, Warranty, £35 road fund lic, 60+mpg, Now reduced from £7495

PEUGEOT 206 GTI 1.6 HDI 110PS

2004/54, 47000 Miles Blue Metallic (Charcoal Sports Trim), 3 dr H/Back Diesel, C/Control, Leather Upholstery, PAS, ABS, Air Bag, Pas Air Bag, Alloy Wheels, Remote Central Locking, E/Windows, E/Mirrors, Service History, Alarm, Immobiliser, Sports Pack, New MOT & Pre-delivery inspection, Rare example

PEUGEOT 206 SW 1.4 HDI VERVE

2006/06, 40000 Miles Blue Met. (Charcoal Trim), 5 dr Estate Diesel, Air Conditioning, C/Control, PAS, ABS, Air Bag, Pas Air Bag, Alloy Wheels, Remote Central Locking, E/Windows, E/Mirrors, One Owner, FSH, Alarm, Immobiliser, Balance of the Man/Fac, Warranty, Now reduced from £5995, £35 road fund lic, 60+mpg, roof rails, load cover fine example

PEUGEOT 206 2.0 SE CC

2002/52, 43000 Miles Met. SILVER (Grey/Black Leather), 3 door Convertible, ABS, Adjust. seats, Adjust. steering column/wheel, Alloy wheels, Computer, Driver airbag, E/Mirrors, E/Windows, Electrically adjustable seats, Immobiliser, Pas. airbag, Power assisted steering, Remote locking, Side airbags, Sports seats, PX welcome, Leather upholstery, Full Service History, 12 months new MOT, RAC Warranty on this car, Group: 14, Now reduced from £5495

PEUGEOT 206 VERVE 1.4 HDI LIMITED EDITION

2006/06, 43700 Miles Met Blue (Grey/Black), 3 dr H/Back Diesel, Air Con, C/Control, PAS, ABS, Air Bag, Pas Air Bag, Alloy Wheels, Remote Central Locking, E/Windows, One Owner, FSH, Service History, Alarm, Immobiliser, Balance of the Man/Fac, Warranty, Now reduced from £5295, £35 Road Fund Lic, 60+ mpg

PEUGEOT 206 SW 2.0 GTI

2003/53, 35000 Miles Grey Met (Charcoal Sports Trim), 5 dr Est, C/Control, Leather Upholstery, PAS, ABS, Air Bag, Pas Air Bag, Alloy Wheels, Remote Central Locking, E/Windows, E/Mirrors, Service History, Alarm, Immobiliser, Multi-CD Changer, Stereo, Sports Pack, , New MOT & Pre-delivery inspection, Roof Rails, Excellent value

RENAULT MEGANE SCENIC 1.6VTTI DYNAMIQUE

2007/07, 18000 Miles Met Grey (Grey), 5 dr Est. 1 Owner, ABS, Adjustable seats, Adjustable steering column/wheel, Air conditioning, Alloy wheels, Computer, Driver airbag, E/Mirrors, E/Windows, Immobiliser, Passenger airbag, Power assisted steering, Remote locking, Side airbags, Balance of the Manufacturers warranty, PX welcome, Anti theft system, Sunblind, Central locking, Child locks, Metallic paintwork, Remote locking with key card, Seatback tablets, Tinted glass, FSH Insurance Group: 6, Now reduced from 7995

RENAULT CLIO 1.4 DYNAMIQUE

2006/55, 39000 Miles Red (Charcoal), 3 dr H/Back, Air Con, PAS, ABS, Air Bag, Pas Air Bag, Alloy Wheels, Remote Central Locking, E/Windows, E/Mirrors, FSH, Alarm, Immobiliser, Balance of the Man/Fac, Warranty, 2 Owners, New MOT & Pre-delivery inspection, Now reduced from £5995

TOYOTA COROLLA 1.2 1.4VTTI

2007/56, 12000 Miles Blue (Contrasting), 3 dr H/Back, Air Con, PAS, ABS, Air Bag, Pas Air Bag, Remote Central Locking, E/Windows, Alarm, Immobiliser, Balance of the Man/Fac, Warranty, Now reduced from £6995

VAUXHALL VECTRA SR 1.8 VTT 1140PS

2007/07, 22000 Miles Silver Lightening (Grey/Black), 5 dr H/Back, 1 Owner, ABS, Adjust. seats, Adjust. steering column/wheel, Air con, Alloy wheels, Computer, Cruise control, Driver airbag, E/Mirrors, E/Windows, Front armrest, Folding rear seats, Immobiliser, Pas. airbag, PAS, Rear armrest, Remote locking, Side airbags, Sports seats, Balance of the Manufacturers warranty, PX welcome, Insurance Group: 10, Now reduced from £7995

VAUXHALL VECTRA SR 1.8 VTT 1140PS

2007/07, 23000 Miles Black (Grey/Black), 5 dr H/Back, 1 Owner, ABS, Adjust. seats, Adjust. steering column/wheel, Air con, Alloy wheels, Computer, C/Control, Driver airbag, E/Mirrors, E/Windows, Front armrest, Folding rear seats, Lumbar support, Immobiliser, Pas. airbag, PAS, Rear armrest, Remote locking, Side airbags, Sports seats, Balance of the Manufacturers warranty, PX welcome, Insurance Group: 10, Now reduced from £7995

VAUXHALL SIGNUM 3.0 V6 CDTI DESIGN 176PS

2004/54, 53000 Miles Metallic Grey (Grey/Black), 5 dr H/Back Diesel Automatic, 1 Owner, ABS, Adjust. seats, Adjust. steering column/wheel, Alloy wheels, Central locking, C/Control, Computer, Cruise control, Driver airbag, E/Mirrors, E/Windows, Front armrest, Leather seats, Pas. airbag, PAS, Side airbags, Radio/CD, Multichanger, Sports seats, Traction control, 12 months new MOT, PX welcome, Full Service History, Metallic paintwork, Multi function steering wheel, Navigation system, RAC Warranty on this car, Anti theft system, Colour coding - Body, Locking wheel nuts, Sunblind, Tinted glass, Insurance Group: 12, Stunning performance with economy, Now reduced from £6995

VAUXHALL ASTRA SXI 1.7 CDTI

2007/57, 16000 Miles Silver Lightening (Charcoal Sports Trim), 5 dr H/Back Diesel, Air Con, PAS, ABS, Air Bag, Passenger Air Bag, Alloy Wheels, Remote Central Locking, E/Windows, E/ Mirrors, One Owner, FSH, Alarm, Immobiliser, Balance of the Man/Fac, Warranty, Now reduced from £8295

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2005/55, 43000 Miles Reflex Silver (Charcoal Trim), 4 dr Saloon Diesel, 1 Owner, 12 months new MOT, ABS, Adjustable seats, Adjustable steering column/wheel, Alloy wheels, Anti theft system, Child locks, C/Control, Colour coding - Body, Computer, Cruise control, Driver airbag, E/Mirrors, E/Windows, Electrically adjustable seats, Headlight washers, Folding rear seats, Locking wheel nuts, Lumbar support, Immobiliser, Met paintwork, Passenger airbag, PAS Remote locking, PX welcome, Tinted glass, Traction control, RAC Warranty on this car, Full Service History, Insurance Group: 9, 140ps, 6-speed, Now reduced from £8995

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2001/1V, 58500 Miles Silver (Black), 3 dr H/Back, 2 Owners, ABS, Adjust. seats, Adjust. steering column/wheel, Air con, Alloy wheels, Central locking, Computer, Driver airbag, E/Mirrors, E/Windows, Folding rear seats, Immobiliser, Pas. airbag, PAS, Remote locking, Side airbags, 12 months new MOT, PAS welcome, RAC Warranty on this car, Anti theft system, CD, Multichanger, Child locks, Colour coding - Body, Front armrest, Leather seats, Locking wheel nuts, Met paintwork, Tinted glass, Full Service History, Headlight washers, Leather upholstery, Insurance Group: 11, Now reduced from £4995



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Senior & General Appointments 62-66

KCA (UK) is an expanding and vibrant organisation providing a wide range of high quality and innovative specialist services in the drug, alcohol and mental health sectors.

Community Drug Workers

£21,244 - £27,492 + ESSENTIAL CAR USER ALLOWANCE UP TO £1,095
EAST/WEST KENT AND MEDWAY

Could you help chaotic injecting drug users to stabilise their use and begin shaping better lifestyles? It is a big challenge that will see you work closely with medical staff as you deliver assessment and key worker support to people accessing the substitute prescribing service.

Significant experience of working with individuals with drug related problems is desirable, along with a qualification to diploma level in a relevant area – nursing, counselling or social work for example. As for your future, there is the opportunity to make a huge impact on people's lives and help grow our services into the future working as part of a multi-disciplinary team. Ref: 544

Closing date: Friday 30 January 2009.

Interview date: Wednesday 18 February 2009 (To be held in Maidstone).

Office Assistant

£14,847 - £16,614 PRO RATA • 30 HOURS PER WEEK • THANET

You will be the first point of contact to all callers, visitors and Service Users at KCA's Thanet office in Margate. Confident in handling enquiries about the service whether by telephone, email, post or in person, you will ensure that enquiries are dealt with promptly, efficiently and courteously.

Offering support to the Administrator, you will have top MS Office skills and a 'can do' approach. You will be able to communicate with a wide cross-section of staff and external contacts in a highly professional manner. You need to be able to prioritise, work to tight deadlines and respond appropriately to referrals. Ref: 543.

If you would like to discuss this post further, please contact Sue Hamilton, Service Manager KCA Thanet on 01843 298355 ex. 217 or Christine Gordon Admin Lead on 01795 590795 ex. 2.

Closing date: Friday 23 January 2009.

Interview date: Thursday 5 February 2009 (TBC).

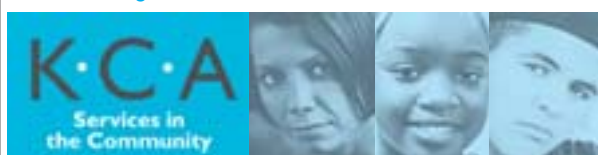
Application forms and job descriptions can be downloaded from <http://www.kca.org.uk/pages/vacancies.html> or email recruitment@kca.org.uk

Alternatively, you can write to KCA (UK), Dan House, 44 East Street, Faversham, Kent ME13 8AT or call 01795 590635.

KCA (UK) is committed to the principles of equality of opportunity for all and welcomes applications from people with experience of substance use or who have had previous problems with substance misuse.

Charity No: 292824

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MidKent College is one of the largest providers of Further Education in Kent and at a time of unprecedented change is seeking to appoint a Sessional Lecturer in Sociology.

Sessional Lecturer in Sociology

Ref: SCH

£19.17 to £30.96 per hour
(subject to qualifications and experience)

A sessional Lecturer is required immediately to teach A Level Sociology and OCR A/S and A2 at our Hosted site in Chatham. Experience delivering A Level teaching would be advantageous.

Closing date: 30th January 2009

For an application form please:

- Email job.applications@midkent.ac.uk
- Visit our website www.midkent.ac.uk
- Telephone the Personnel Department on 01634 884402 (24 hour answer machine)

In all communication, please quote the post you are applying for and give your name, address and a contact number.

MidKent College is working in partnership with RBLI Employment Solutions to support individuals who have a disability or health condition in the application, interview and employment with the college. If you would like any further information regarding RBLI, or require assistance with your application process then please contact RBLI on 0800 783 1144 or visit their website www.rbli.co.uk for information, advice and guidance.

The College is committed to safeguarding and promoting the welfare of young people and vulnerable adults and anyone applying for work with the College is expected to share this commitment. Any offer of employment is subject to an Enhanced Criminal Records Bureau Disclosure.

The College is committed to Equal Opportunities and to selection on merit. It welcomes applications from all sections of society. We particularly welcome and encourage applications from under represented groups including black, minority ethnic and disabled people.



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with Learning Disabilities – Now seeking

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Vacancies available at our Residential Home in Sittingbourne & Sheerness. NVQ Level 3 required for Senior Support position. Will need to have 6 months experience working with ALD Clean British driving licence required.

Private Occupational Therapist to offer sessional work i.e Art & Craft, Music & Movements, Beauty and Aromatherapy.

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If you have experience of cash handling or cash collecting coupled with a driving license this could well be an ideal job for you, company vehicle provided.

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Duties to include answering the telephone, taking general enquiries, a knowledge of SAGE accounts packages and be IT literate.

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To advertise in this section

01303 817040

Gravesend Grammar School for Girls

A Specialist Science College



Pelham Road, Gravesend, Kent DA11 0JE
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Website: www.gsg.org.uk
email: enquiries@gsg.org.uk



Science

TEACHER OF BIOLOGY

Maternity Cover
Required from April-December 2009
Main Professional Grade

We are looking to appoint a Scientist with an excellent degree to teach Biology in our high achieving Science Faculty. The ability to teach to A' Level is preferred. Both Triple and Double Science are offered at GCSE.

This is an excellent opportunity to develop as part of an established team with a supportive ethos.

Academic standards are exceptionally high (Ofsted 2008) and the School has acquired Investor in People and Investor in Careers status. We were identified as one of the particularly successful schools in the HMI Chief Inspector's Report for 2002-03 and we have been a Specialist Science College since September 2004.

The School has a high profile for achievement locally and nationally and prides itself on a strong record of internal professional development including a full induction in the Summer term. There is also plenty of scope to be involved in a wide range of extra-curricular activities.

Application forms and further details are available from the Headteacher's Personal Assistant, Mrs M Tong Ralphs. Completed forms should be returned by post, fax or email for the attention of **Mrs E Wilson, Headteacher**, no later than **Monday 2nd February 2009**.

This school is committed to safeguarding and promoting the welfare of children and young people and expects all staff and volunteers to share this commitment.

ENGLISH AND MATHS

10 STEPS TO SUCCESS - SATURDAY REVISION SCHOOL AT PENT VALLEY TECHNOLOGY COLLEGE

ENGLISH AND MATHS TUTORS

Start Date: Saturday 28th February - Saturday 16th May 2009 (excluding Easter break)
Hours: Saturday school 09.15 - 12.00 (including free breakfast with students)
Salary: £100 per session
Main aim: Saturday school is a new initiative to support students to achieve at least a grade C at GCSE in English and Maths.
Role: To motivate and enthuse small groups of year 11 students over 10 Saturday sessions.

Previous experience of working at this level essential.
A current Enhanced CRB Disclosure is required.

LEAD ENGLISH AND MATHS CO-ORDINATORS

Start Date: Saturday 28th February - Saturday 16th May 2009 (excluding Easter break)
Hours: Saturday school 09.00 - 13.00 (including free breakfast with students)
Salary: £150 per session
Main aim: Saturday school is a new initiative to support students to achieve at least a grade C at GCSE in English and Maths.
Role: To teach and to co-ordinate the programme and aim to motivate and enthuse small groups of year 11 students over 10 Saturday sessions.

Previous experience of working at this level essential.
A current Enhanced CRB Disclosure is required.

TEACHERS TO PRODUCE GCSE ENGLISH AND MATHS CURRICULUM REVISION PACKAGES

Payment: £250 one off payment for a complete set of English or Maths revision resources.

For more information and an application form please contact:
Miss S Spratley, Pent Valley Technology College, Surrenden Road, Folkestone, Kent. CT19 4ED.

Email: samantha.spratley@pent-valley.kent.sch.uk
Tel: 01303 277161 ext 2218 Fax: 01303 279342
Closing Date : Friday 6 February 2009
Interviews: Week Commencing 9 February 2009



achievement for all



House Manager

Negotiable Salary

Required to run a Residential home for Adults with Learning Disability at our Sheerness home.

You must have at least 2 years previous experience on a management level.

To be confident, assertive and possess excellent communication skills (written and verbal) at all levels. Experience of writing reports, undertaking projects and supporting the Organisation.

You will need to hold NVQ Level 4 Management in Care; RMA is desirable but not essential, as training will be given. Must be fully conversant with Care Standards.

If you have experience we are looking for, please write with a full CV and covering letter together with a note of your salary expectations to:

Administrative Manager / Christine Morgan
Forward Care (Residential) Ltd
15Keycol Hill, Sittingbourne Kent ME9 8LZ
Closing date 31st January 2009
Previous applicants need not reply

To advertise in this section

01303 817040



Abbey Court School

"WE GROW PEOPLE"

Abbey Court School provides a stimulating, challenging and safe learning environment where pupils and staff efforts, work and achievement are celebrated.

We are currently looking for a
EARLY YEARS TEACHER
for pupils with severe and profound learning difficulties to commence April 2009
MPS + 2 SEN Points

The school is located in pleasant surroundings and we have educational resources of enviable proportions. This post would suit experienced SLD teachers or newly qualified teachers, or those wishing to gain further experience of SEN.

Comprehensive induction and training will be provided.

Telephone enquiries and informal visits to the school welcomed. This school is committed to safeguarding and promoting the welfare of children and young people and expects all staff and volunteers to share this commitment. Any offer of appointment for post is subject to a satisfactory Criminal Records Bureau Disclosure.

Closing Date: 30.1.2009

For further details and a job description, please contact Linda Taylor, Abbey Court School, Rede Court Road, Strood, Rochester, Kent, ME2 3SP. (Tel: 01634 338224), stating the position for which you are applying.

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per annum - PLUS benefits package

MKC Training Services Ltd is a wholly owned subsidiary of Mid Kent College and manages the trades and technical engineering training of over 8000 Royal Engineers at Brompton Barracks each year.

We are looking to appoint administrative support for the training areas and are seeking motivated and enthusiastic candidates for the following positions:

Training Clerk/Administrative Assistant (Ref JPCD) – to provide administrative support to the Course Design/Analyst team. Candidates should have a sound knowledge of administrative, clerical and data entry processes and have good IT skills in all the common Microsoft packages. You should be organised and accurate with a good eye for detail and be able to communicate effectively over the telephone and "face to face".

Clerical Assistant (Ref PCCW) – to provide clerical and secretarial support to the Construction Training Wing. Candidates must have good IT skills and be fully familiar and competent in the use of the common Microsoft packages. Secretarial experience is essential as this is a busy and demanding area. Good customer facing skills, an ability to organise and maintain records is essential.

If the prospect of working in a professional and quality driven environment appeals to you, then this could be the right opportunity for a new start in 2009.

Please apply with a copy of your CV to ken.pullan@midkent.ac.uk
or call 07725128661 for an application. Closing date: 31st January 2009

The College is committed to Equal Opportunities and to selection on merit. It welcomes applications from all sections of society. We particularly welcome and encourage applications from under represented groups including black, minority ethnic and disabled people.

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email: enquiries@gsg.org.uk



Science

SUBJECT LEADER: ART/TEACHER OF ART

Maternity Cover

Required from April 2009

Main Professional Grade plus TLR 2B (£4037.00)

A well-qualified and enthusiastic Subject Leader/Teacher who will be responsible for leading and developing Art in the School ensuring good curriculum provision and monitoring and supporting the department and students. The successful candidate will also be expected to teach Art in a highly successful department. The person appointed will have the opportunity to teach up to A' Level which is very popular. The department enjoys excellent facilities and equipment and the support of a part-time technician. Applicants should be able to incorporate ICT in their teaching.

Academic standards are exceptionally high (Ofsted 2008) and the School has acquired Investor in People and Investor in Careers status. We were identified as one of the particularly successful schools in the HMI Chief Inspector's Report for 2002-03 and we have been a Specialist Science College since September 2004.

The School has a high profile for achievement locally and nationally and prides itself on a strong record of internal professional development including a full induction in the Summer term. There is also plenty of scope to be involved in a wide range of extra-curricular activities.

Application forms and further details are available from the Headteacher's Personal Assistant, Mrs M Tong Ralphs.

Completed forms should be returned by post, fax or email for the attention of **Mrs E Wilson, Headteacher**, no later than **Monday 2nd February 2009**.

This school is committed to safeguarding and promoting the welfare of children and young people and expects all staff and volunteers to share this commitment.

Career Opportunities



Canterbury College is an equal opportunities employer

Canterbury College is a Further and Higher Education College in the heart of Kent. Our goal is to be one of the best FE Colleges in England by 2010. We have 9,000 students across 300 courses and enjoy an enviable reputation as a great place to learn. Our brand new £50M Campus is also home to nearly 800 staff and we have some great career opportunities which may be right for you.

Director of Quality & Innovation

09/01

37 hrs per week, salary range £56,478 to £62,408 per annum

Acting Section Manager NVQs and Professional Studies, Dental, Nursing, Social Care and Counselling

09/02

37 hrs per week, salary starting £33,858 per annum. Fixed Term post ending 31 July 09

Lecturer Animal Care and Land Based

07/87

37 hrs per week salary range £18,387 – £26,363 per annum. Fixed term post ending 13 July 09

Supply Lecturers Higher Education are required in the following areas

Various hours available, salary range £18,387 – £26,363 pro rata per annum

HE Tourism Management

S/HE/TOR

Counselling (must hold relevant recognised qualification)

S/HE/COU

Early Years (to teach on Foundations Degrees)

S/HE/EY

Supply Lecturers are required in the following areas

Various hours available, salary range £18,387 – £26,363 pro rata per annum

Animal Care

S/AC

Veterinary Nursing

S/VET

Supply/Flexibank

S/HSC

Various hours available, salary range £18,387 – £26,363 pro rata per annum

Midwife (ENB 997)

Registered Nurse (ENB 998)

Mental Health Nurse (ENB 998)

To teach on Maternity Care, Mental Health and Health & Social Care courses.

Supply Lecturers (Teachers/Trainers) are required in the following areas

S/HSC

Various hours available, salary range £18,387 – £26,363 pro rata per annum

Level 2 & 3 Counselling

Registered Dental Nurse

First Aid Trainer

Information, Advice and Guidance

Citizenship

PE/Sport Trainer

Infant School/Early Years

Advanced Practitioner

02/128

37 hrs per week, salary starting £33,858 per annum

HR Workforce Information Officer

09/03

37 hrs per week, salary starting £16,914 per annum.

Placement Officer

08/127

37 hrs per week, salary starting from £24,408 per annum

Service Desk Technician Level 2

SDT2

37 hrs per week, salary starting £16,914 per annum

Trainer Demonstrator Animal Care

TD13

18.5 hrs per week, salary starting £18,963 pro rata per annum

Resource Assistant Animal Care & Land Based

06/08

18.5 hrs per week, salary starting from £15,085 pro rata per annum

Learning Support Business

02/17

37 hrs per week, 40 weeks term time. Salary starting £16,914 pro rata per annum.

Teacher Education Administrator

08/124

18.5 hrs per week, salary starting £15,085 pro rata per annum

Supply Curriculum Support Assistant within the Faculty of Health, Public Service, Early Years

S/CSA

Various hours available, salary starting from £18,963 pro rata per annum

Supply Learning Support within Health, Public Services & Early Years

S/LS

Various hours available, salary starting at £16,914 pro rata per annum

Supply Administrator with Health, Public Services & Early Years

S/Admin

Various hours available, salary starting at £15,085 pro rata per annum

For an information pack please visit www.canterburycollege.ac.uk or call the Human Resources Office on 01227 811282 (24 hr answerphone) quoting the above reference.

Staff benefits include:

- Pension & Life Assurance Scheme
- Sports Hall & Gym
- Proximity to main bus & train stations
- Generous Holiday Allowance
- Close to City Centre
- Staff Discount Scheme

The closing date for the above posts is Monday 02 February 2009 at 12 noon



CLICK

www.canterburycollege.ac.uk/job-vacancies



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HMP BLANTYRE HOUSE & EAST SUTTON PARK >



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Do you enjoy working in a challenging environment? Our expanding Works departments have the following opportunities available:

GRADE 2 PLUMBER

£20,865 RISING TO £23,055 PER ANNUM

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HMYOI Rochester is a closed Young Offender Institution, housing approximately 360 18-20 year olds serving sentences of up to four years. It is situated next to HMP Cookham Wood on the outskirts of Rochester. HMYOI Rochester implemented an additional 300 bed temporary custodial facility from Summer 2008 making it one of the largest sentenced Young Offenders Institutions in the UK.

HMYOI Cookham Wood near Rochester has become a Male Juvenile Centre, accommodating 15-17 year olds, commissioned by the Youth Justice Board.

You will be required to work in Rochester and Cookham Wood and will be subject to CRB enhanced clearance.

GRADE 3 PLUMBER

£19,851 RISING TO £21,074 PER ANNUM

THE WEALD OF KENT RESETTLEMENT
HMP BLANTYRE HOUSE & EAST SUTTON PARK

HMP Blantyre House is a semi open resettlement Prison with approximately 120 male prisoners. The Prison is situated in a rural location near Goudhurst.

HMP East Sutton Park first opened as a borstal in 1946. The prison is a Grade 2 listed country mansion house overlooking the Weald of Kent and is used to hold both adult and young offender women in open conditions.

You will be required to work in both Blantyre House and East Sutton Park.

For both positions, you will have gained a recognised apprenticeship and City & Guilds ordinary certificate or equivalent qualification and have proven relevant experience. A City & Guilds advanced certificate or equivalent qualifications, Corgi, Water Supply Regulations course and Water Treatments course would be desirable. You'll work 39 hours per week excluding meal breaks and be expected to work weekends on a rostered shift pattern.

In return, you'll receive 25 days' annual leave plus 10.5 public and privilege holidays per annum and entry into the Civil Service Pension by invitation.

To apply for these posts please email kent-sussex-area-recruitment@hmprisons.gsi.gov.uk
Applicants will require an email address in order for applications to be sent to them.

The closing date for receipt of completed applications is 8 February 2009.

For further information about vacancies within HM Prison Service and about our Prison Establishments please visit www.hmprisonservice.gov.uk

Applicants will be required to declare whether they are a member of a group or organisation, which the Prison Service considers to be racist.

Part-time working or job sharing will be considered.

The Prison Service is an equal opportunities employer. We welcome applications from candidates regardless of ethnic origin, religious belief, gender, age (subject to being within the normal retirement age for the grade), sexual orientation, disability or any other irrelevant factor.



Ministry of
JUSTICE
National Offender
Management Service



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3. All rates quoted are subject to VAT at the rate currently in force at the time the advertisement appears.
4. All rates within the annual advertising agreement will be rate protected for 12 months from the first date of publication under the signed agreement.
5. Any unsuitable material posted on any website belonging to KOS Media (Publishing) Ltd by the advertiser or any associated third party will be removed or refused. All passwords and security supplied to the advertiser by KOS Media (Publishing) Ltd in relation to the use of the posting of material via the media owner's online administration tool will be the responsibility of the advertiser. The advertiser indemnifies KOS Media (Publishing) Ltd against any damages as a result of misuse of these privileges by either the advertiser or any third party given password privileges by the advertiser.
6. KOS Media (Publishing) Ltd reserves the right to change passwords intermittently to ensure the overall and ongoing security of its websites within the public domain.
7. Copyright and licenses for voice-over/music/photography or film for advertising promotions or otherwise within the various forms of media in print, online and moving film owned by KOS Media (Publishing) Ltd must have been sought, verified or paid for by the advertiser where applicable. Approval or permission must have been given by any potential beneficial owner voice-over or music. The advertiser must be able to verify any statements or claims (promotional or otherwise) in relation to their products/services promoted within any of the media offerings belonging to KOS Media (Publishing) Ltd.
8. Where shrinkage of an advertisement occurs for whatever reason, the advertisement will be charged to the nearest full centimetre where it relates to the media owner's printed publications. This will NOT apply to full-page advertisements, which remain full pages even after shrinkage.
9. KOS Media (Publishing) Ltd reserves the right to omit or refuse any advertisement/commercial/web content without notice or explanation. In these terms the word "advertiser" shall be construed to include any person or organisation placing an advertisement on behalf of another.
10. A guarantee of insertion cannot be given and the media owners shall not be liable for any loss or damage caused by any error inaccuracy within your marketing content. In no case shall the total liability of the media owner for any error or omission exceed the price charged by the media owners for that advertisement.
11. No liability is accepted for any loss or damage alleged to have arisen through delay in forwarding replies to Box numbers, however caused, nor for the loss or damage to any artwork supplied.
12. Claims for any error or inaccuracy in your media messages with KOS Media (Publishing) Ltd must be made in writing to the accounts department within 10 days of publishing.
13. KOS Media (Publishing) Ltd accepts no responsibility for any errors or omissions made on their websites by the advertiser.
14. KOS Media (Publishing) Ltd has the right to cancel the advertiser's annual membership without notice should the advertiser deliberately publish out of date material or content on any of the media owner's online digital platforms. KOS Media (Publishing) Ltd will seek to recover, in full, all outstanding invoices in relation to the signed annual membership as a result of the advertiser's negligence in this regard and reserves the right to claim damages for any potential vexatious action via the advertiser.
15. Advertisers are requested to check their advertisements after the first insertion. The media owner will not be responsible for any errors on subsequent insertions, which have not been advised to them in writing.
16. A minimum of one month's notice must be given in writing for any cancellation of the signed annual advertiser's agreement. Upon cancellation, all discounts from KOS Media's standard effective media advertising rate card (July 2008-June 2009) will be recalculated and adjusted accordingly in line with KOS Media's standard media rate card (effective July 2008-June 2009) and will reflect the revised length of commitment denoted by the advertiser's written cancellation. Any surcharges, refunds or costs in relation to the production of the advertiser's TV commercial for the commitment set out within the advertiser's agreement will be met in full by the advertiser as per KOS Media's standard media advertising rate card (July 2008-June 2009). Discounts will be reapplied and any refunds or surcharges will be paid by either party within 30 days of the advertiser's written cancellation. Any other advertising placed must give a minimum of seven days' written notice and any discounts given for series bookings will be forfeited by the advertiser upon cancellation.
17. Seasonal contracts, Your Professional classified advertisements or any uplift advertising within the annual contract with the advertiser will be invoiced in full - at rate card - on receipt of any written cancellation of this contract within the 12-months.
18. All uplift advertisements must be booked in at least three months in advance of publication and will be subject to availability. All dates booked will be on a first-come, first-served basis.
19. The advertiser must agree to the date and time of filming of any online TV advertising commercial supplied by KOS Media (Publishing) Ltd within the advertiser's agreement. (Platinum, Gold, Silver standard of commercial). Should, for any reason, the advertiser not be available at the agreed time without giving sufficient notice (at least 48 hours), KOS Media (Publishing) Ltd reserves the right to charge for any further TV production at its standard published hourly rate should the advertiser still wish to use KOS Media (Publishing) Ltd's production services to complete its TV commercial or photographic imagery included in the advertiser's agreement. The advertiser will approve and accept that there are only two choices of voice-over and music offered by KOS Media (Publishing) Ltd. Should an advertiser wish to use other voice-overs or non-copyright free music it is the responsibility of the advertiser to pay the PRS rights should they be required to do so. Any changes to or failure to approve the TV production by the deadlines agreed between both parties will result in KOS Media (Publishing) Ltd being given permission by the advertiser to replace the TV commercial with pictures or stills from a choice of photography supplied by the media owner until the advertiser can supply a TV commercial produced at their own cost and risk outside of this agreement. The advertiser also accepts and agrees that this action would not reduce the value or cost of their membership. Any cost of changes required to the TV commercial throughout the advertiser's agreement will be borne by the advertiser outside of this agreement.
20. Each advertiser accepts that their ranking and position within KOS Media (Publishing) Ltd's search engine will be equal to those within their category (Platinum, Gold, Silver, Bronze, etc) other than they will be ranked based on the search engine criteria of optimisation within their level (Platinum, Gold, Silver or Bronze).
21. Any delivery claims made by the advertiser or discount vouchers published within the print or online media of KOS Media (Publishing) Ltd and any action as a result of the public or otherwise is the sole responsibility of the advertiser. Any claims resulting from this via KOS Media (Publishing) Ltd must be met by the advertiser.
22. a. All credit accounts due for payment shall be notified to the Advertiser by the 30th day following the date of the invoice, time to be of the essence. All sums due to KOS Media (Publishing) Ltd or RBS Factoring shall be paid in full, and the Advertiser shall have no right of set off in any circumstances.
b. In the event that payment is not received by KOS Media (Publishing) Ltd or RBS Factoring by the due date, the media owner shall be entitled to suspend all further advertising until payment is received and/or repudiate the contract and make any surcharges for breaking the contract.
c. In the event that payment is not received by KOS Media (Publishing) Ltd by the due date, the media owner reserves the right to charge interest on all overdue balances calculated on a daily basis at the rate of two per cent above the minimum lending rate of National Westminster Bank Plc from time to time in force.
d. Notwithstanding anything in these terms and conditions or implied to the contrary, in the event of the Advertiser ceasing to use the services of KOS Media (Publishing) Ltd (for whatever reason), the whole amount of monies due from the Advertiser to the date of cessation shall fall due for immediate payment.
e. The Advertiser will be liable for all costs incurred by KOS Media (Publishing) Ltd in the recovery of debts not paid by the due date.
f. Payment may be made by cheque, credit transfer, direct debit, cash and any major credit card.
23. Any discount which KOS Media (Publishing) Ltd may have agreed with the Advertiser shall be forfeited in the event of failure by the Advertiser to complete the contract or to meet the above credit terms.
24. Advertising Agency commission will be allowed to those advertisers recognised by the Newspaper Society, but shall not exceed ten per cent and will be subject to the terms of that recognition. This commission will not be allowed if the Advertising Agency fails to meet the terms of the Newspaper Society's written consent.
25. All private advertisements and certain categories as laid down by KOS Media (Publishing) Ltd must be prepaid.
26. The Advertiser agrees to indemnify KOS Media (Publishing) Ltd in respect of all costs, damages or other charges falling upon the media owners or any of the companies within the KOS Media Group as the result of legal action or threatened legal action or threatened legal arising from the publication of any advertisement or advertising promotion.
27. An order for an advertisement placed on an order by an Advertiser shall be null and void in so far as it conflicts with them.
28. Copyright in advertisements produced wholly or partially by the media owners belong to KOS Media (Publishing) Ltd. Advertisers may not reproduce such advertisements without the media owner's written consent.

All terms and conditions stated above are in place to protect the advertiser, the media owner and the communities they serve within the public domain as well as the beneficial rights of individuals and organisations. KOS Media will endeavour to always act reasonably in applying its terms and conditions.
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Technical & Environmental Health Services

Senior Project Engineer

£35,685 to £41,031 (2009/10 Pay Award agreed) + Cash Alternative

Shepway District Council is seeking to recruit a Senior Project Engineer with a background in civil engineering and experience in project management. The successful candidate will play a leading role in delivering some of the Council's key projects within its Capital Programme and will also be involved in land drainage and coastal management services.

If you would like to join us, please contact Colin Paine, Engineering Manager on 01303 853379 for an informal discussion. Shepway District Council is a pro-active, forward thinking authority, with a strong commitment to its customers and staff.

For more details and an application pack, download at www.shepway.gov.uk, or email jobs@shepway.gov.uk alternatively call our 24 hour answerphone service on 01303 853481.

Closing date for completed applications is 6 February 2009.

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www.shepway.gov.uk



Shepway District Council is an Equal Opportunities Employer and welcomes applications irrespective of race, colour, age, sex or disability.

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BLACKFEN SCHOOL FOR GIRLS

Headteacher: Mr Matthew Brown BA(Hons) DMS(Ed)

Blackfen Road, Sidcup, Kent, DA15 9NU

Tel: 020 8303 1887 Fax: 020 8298 1656

Group 7 11-18 (1348 on roll), Girls' non-selective with a mixed Sixth Form

REQUIRED FOR SEPTEMBER 2009

GRADUATE TRAINEE TEACHER X 2

Maths and Science

£17,953 – £26,746 (dependent on skills and experience)

Blackfen is a highly successful oversubscribed school, which was designated as a Specialist School in Mathematics and Computing in September 2004.

Our Governors want to appoint two confident, motivated and innovative Graduates who are committed to a career in teaching and who have the capacity to make a real contribution to the work of a supportive and continually improving school.

Successful applicants will undertake the Graduate Teacher Training programme for the year and will need to meet set criteria and outcomes. Once the training has been completed successful candidates may apply for permanent teaching positions.

This is a perfect opportunity for people thinking of pursuing a teaching career to gain the necessary qualifications whilst working.

Visits to the school are welcomed.

Please contact Diane Taylor for an information pack either by post or email vacancies@blackfen.bexley.sch.uk

CLOSING DATE FOR APPLICATIONS: Noon on Friday 23rd January 2009



Community Cohesion and Equalities Officer

£27,612 • 37 hours per week

Two year contract

Cohesion and Equalities is not just about monitoring, it is about action!

At Swale, we see this role as being one that produces results for residents and staff, detecting and addressing exclusion and inequality whilst also using information we hold on Swale residents to tailor services and meet needs.

Swale is a growth area, part of which is in the Thames Gateway. Together with the physical growth, it is developing more diverse resident and migrant populations. This produces a set of challenges, some of which require long term planning and solutions and some which require immediate practical responses.

We are looking for a highly motivated person with a drive to get things done. Excellent project management and communication skills are important as you will need to bring together many different people across our organisation and community to effectively make improvements.

You need to be an equalities expert with a strong commitment to community cohesion and equality, be willing and able to stay informed and be aware of best practice in this field.

In addition to salary, we can offer you a generous annual leave allowance, paid bank holidays, Local Government final salary pension scheme and flexi time working for most posts.

If you would like to discuss this post further, please contact Peter Speakman on 01795 417251 or e-mail peterspeakman@swale.gov.uk

For further information contact Human Resources, Swale Borough Council, Swale House, East Street, Sittingbourne, Kent ME10 3HT. Telephone (01795) 417414 (24 hour voice mail) quoting ref: 206ED4.

E-Mail: hr@swale.gov.uk Website: <http://jobs.swale.gov.uk>

Closing date: 12 February 2009

Interviews: 27 February 2009



Student Support Assistant

Full time and part time hours available, Term Time Only.

This post involves shift work in supporting students with all their needs both within and outside the classroom.

Kent Scheme Band 3 • £13,959 to £15,826 full time equivalent

Senior Waking Night Staff

Full time, Term Time Only.

This post involves working waking nights, and managing a team of waking night staff.

Kent Scheme Band 6 • £18,288 - £20,061 full time equivalent

Cleaning Staff

Part time hours (morning and evenings) available

Good rates of pay

Valence School is a KCC all age residential school for children and young people with physical disabilities, complex medical needs and associated learning and communication difficulties.

Valence School is committed to safeguarding and promoting every student's welfare. We expect all staff to share our commitment. The successful applicants will require an enhanced Criminal Records Bureau Check.

For further information and an application form, please contact Lee-Anne Fossett.

Closing date for applications is Friday 30th January 2009.

Previous applicants need not apply.

Valence School, Westerham, Kent TN16 1QN

Tel:- 07887 727182 Fax: 01959-565046

e-mail: vacancies@valence.kent.sch.uk

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Kent Downs and Marshes has secured £2.25 million from LEADER, a European Community Initiative to support sustainable rural development.

Programme Manager - LEADER

£35,370 - £40,705

Maidstone

Fixed-term contract until the end of June 2013

Managing the successful implementation of the programme including overseeing the Local Development Strategy and managing budgets with accountability for public funding, a key part of your role will be building links with other rural regeneration programmes and liaising with local organisations.

Your background could be in rural development or programme management, but you have a good understanding of relevant legislative frameworks. Used to operating across organisational boundaries and within multi-agency partnerships, you will have strong financial skills and experience of working with external funders. As relationship-building will be vital, exemplary interpersonal and communication skills are expected. **Ref: ER/08/0155**

Project Officer - LEADER

£22,825 - £26,159

Maidstone

Fixed-term contract until the end of June 2013

Using your experience of community or project development, you will help to deliver this funding to local agriculture, forestry and rural communities.

You will work with individuals, businesses, community groups and other organisations to develop ideas into well-constructed projects that address issues in the Local Development Strategy. Along with appraising projects for funding, you will also facilitate networking and skills acquisition to help deliver them.

You'll need a good knowledge of the land-based sector or rural development issues, coupled with outstanding interpersonal and communication skills and an excellent understanding of project development and partnership working. **Ref: ER/08/0157**

To apply, visit www.kent.gov.uk/jobs Alternatively, please email recruitment.line@kent.gov.uk or call 0845 8247 904. Please quote relevant reference number.

Closing date for both posts: 23 January 2009.

Interviews will take place on the 11th February for the Programme Manager, and 12th February for the Project Officer.



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MIXED 11-18 HIGH SCHOOL 800 ON ROLL

REQUIRED FOR APRIL 2009

TEACHER OF SCIENCE/PHYSICS

The post would be suitable for either NQTs or more experienced teachers.
A comprehensive induction programme will be offered.

The successful applicant will:-

- be a well qualified **SCIENCE** specialist able to teach balanced science in a well resourced department;
- be a creative teacher with the ability to motivate students of all abilities;
- be enthusiastic and energetic;
- have a commitment to raising standards;
- have a commitment to providing a first class learning experience for all our students.

The ability to teach 'A' Level Physics would be desirable, but not essential.
Walmer Science College is a good school with outstanding features (Ofsted 2007).
Walmer Science College is committed to safeguarding and protecting the welfare of children and the successful applicant will be required to apply for an Enhanced Disclosure via the CRB. For an application form and further details, please contact Mrs Windsor at the school
Closing date: 9am on Friday, 23rd January 2009

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To advertise in this section

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 **NORTHFLEET SCHOOL FOR GIRLS**
Hall Road, Northfleet, Kent DA11 8AQ

Northfleet School for Girls is an oversubscribed, happy and dynamic school situated close to the Bluewater Retail Park. We are currently seeking to employ a

PART TIME RECEPTIONIST/ADMINISTRATOR

Afternoon/Evening
Term Time Only - Core 20 hours per week
Salary Scale Kent Scheme Grade 4 £7218 to £7584

We are looking for an enthusiastic and friendly receptionist/administrator to join our school team.

The successful applicant will be computer literate, have excellent communication skills enabling them to communicate effectively with both students and adults, and be able to prioritise and work under pressure. Confident and competent use of the telephone is essential. A qualified first aider would be preferred, although training will be given.

This is a job share position and hours of work will be 3 p.m. to 7 p.m. Monday to Thursday and 1 p.m. to 5 p.m. on Friday - 39 weeks per year - with hours extending to 9.30 p.m. when required. Cover for during the day may occasionally also be needed.

To apply please submit a full C.V. to Mrs S Chisholm, Personnel, Northfleet School for Girls, Hall Road, Northfleet, Kent DA11 8AQ (Tel: 0844 477 2525) or email personnel@northfleetgirls.kent.sch.uk

Closing date for applications **Monday, 2 February 2009**

Hartsdown Technology College
George V Avenue, Margate, Kent CT9 5RE
Telephone: 01843 227957 Fax: 01843 578002

This is a very rare and exciting opportunity as over the next 3 years Hartsdown Technology College will be redesigned and rebuilt as an Innovative centre of Education under the BSF scheme. As a result, there is a real buzz of enthusiasm through the college community.

We are seeking to appoint both a **MATHS** and an **ENGLISH teacher for Summer 09**. This post is open to everyone from a NQT to someone who may wish to become an AST.

- A creative and innovative teacher who can inspire students of all abilities.
- High levels of emotional literacy in and out of the classroom.
- The vision and commitment to help build on high achievement.
- To develop extra curricular aspects of Maths or English.
- In return we offer exceptional support, training and an experienced fully staffed departments both led by outstanding and enthusiastic Directors of Learning.

For further details an application form, please contact Danielle Skinner or e-mail: danielle@hartsdown.kent.sch.uk. Closing date: **2nd February 09**. Informal visits welcome.

Find out more on www.hartsdown.kent.sch.uk "A Good school with outstanding features" Ofsted 2008

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Candidates wishing to apply should write or e-mail enclosing full CV with contact details to:
Oliver Blake - Area Director
Your Move, 93 Commercial Road
Paddock Wood, Kent TN12 6DS
E-mail Oliver.blake2@your-move.co.uk

 **Residential Child Care**

Residential Support Workers - Child Care

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YOU want to be a committed Residential Social Care
Professional able to deal constructively with challenges set by children and young people between the ages of 8 - 18 in a care home setting.

QUALIFICATIONS: NVQ 3 is preferable. However Training will be provided for applicants with evident potential and / or relevant experience.

CONTACT Manager Lyn Gibbs on 01227 369089
For further information and application details.
Email info@benecareitd.co.uk www.benecareitd.co.uk

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Ref SH/LS/HB

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For an information pack please visit www.canterburycollege.ac.uk or call the Human Resources Office on 01227 811282 (24 hr answerphone) quoting the above reference.

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- Close to Town Centre

The closing date for the above posts is **Monday 2nd February 2009 at 12 noon**

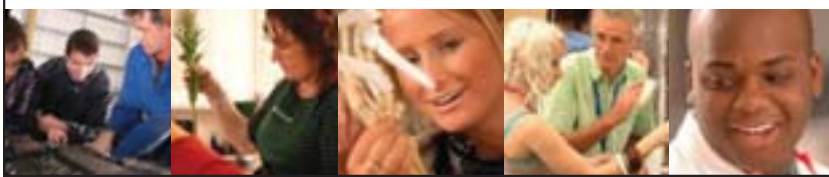
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£35K

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The successful and rapidly growing environmental team within Business Support Kent is looking to appoint an experienced project manager to deliver a major 3 year eco-innovation project across the South of England, Northern France and the Netherlands.

This is a unique opportunity to take real ownership for an ambitious project to influence sustainable design and its integration into business planning, products and services. It requires a highly motivated self starter; determined to develop effective and productive partnerships with value beyond the confines of the project and create real worth for participants.

To be successful in this post you will be need to be detail orientated, highly organised, a strong influencer and passionate about the environment. With a strong commercial background you will ideally also have a track record managing complex projects and bringing new products/services to the market place.

The package will include a car allowance and pension contribution.

The company is an equal opportunities employer and all applications will be given equal consideration regardless of age, disability, ethnic or national origin, gender, race, religion or sexual orientation.

Interested? Please send your CV plus covering letter of application to Jane Loder at jane.loder@businesslinkkent.co.uk by 30 January 2009.

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BUSINESS BRIEFS

Let yourself consider renting your property

FRUSTRATED homeowners who are unable to sell properties as the credit crisis deepens should consider letting them, says Ashton Burkinshaw, a leading specialist letting agent in the South East.

Those who bought a property a year or more ago can sit back and watch. But those who need to move now are having to cut asking prices and try to sell at a price below their expectations.

The firm says there will always be young people in flats who want to start a family, elderly couples wanting to give up a big house, people planning to sell up and travel or faced with removal deadlines for employment reasons, and all ready to rent.

And of course there are those people caught up in a slow-moving 'chain' worried about losing a new property they want to buy.

High mortgage costs are forcing more people to turn to the rental market, as homeowners are being saddled with mortgages they cannot afford and are leaving home-ownership to rent, reluctant to buy at a time when they believe prices still have a way to fall.

Because it is now a landlord's market, becoming an accidental landlord by letting an existing property could provide a quick solution for those desperately wanting to get on with the next stage in their lives.

New sales manager has a real thirst to succeed

KENT'S oldest drinks manufacturer The Silver Spring Mineral Water Company has strengthened its Kent sales team with the appointment of Matthew May as sales manager of Silver Spring Direct.

Mr May is a hugely experienced sales manager with some 15 years' experience in global and US sales positions.

He joins the Folkestone-based company with the overall responsibility for sales through Silver Spring Direct, the company's direct sales operation selling to 800 Kentish independents, and through its retail shop at Folkestone.

Car dealership takes on the Alfa branding

MAIDSTONE-based Lipscomb Cars is the latest UK dealership to announce the appointment of Italian car manufacturer Alfa Romeo.

Formed in 1996 by Peter Barnes and wife Debra, Lipscomb has developed from sole Volvo representation in Canterbury, Ashford and Maidstone to represent the likes of Fiat, Lotus and now the return of Alfa Romeo.

Alfa Romeo will be based at Lipscomb's dealership in Aylesford, which is managed by dealer principal Mark Stevens covering Medway, Maidstone and Tunbridge.



GOLD: Despite the current economic situation, farmland appears to be holding its value well, with only a small drop in value recorded over the last half of the year

Slump sows seeds of doubt

FARMLAND prices in Kent are holding up well in the current extremely difficult market – but in line with the rest of the UK they slumped in the last part of 2009.

Nationally, prices had rocketed on the back of the commodities boom, but in the last three months of last year they fell dramatically.

Market specialist Knight Frank said they dropped by five per cent – the biggest quarterly fall in prices since records began 14 years ago – to an average of £4,796 an acre. And forecasts say they could fall a further six per cent over the next year, before levelling off.

Before the tumble prices were going up as new investors dug into the sector, especially City workers aiming to buy second homes and incomes. In fact, over the year, despite that last quarter, prices rose an average 16 per cent.

In Kent, prime arable land prices fell to £6,250 an acre in the last half of 2008 (six monthly figures only are available), compared

with £7,000 in the first half, while average grade arable fell from £5,750 to £5,250, and poor grade fell from £4,667 to £4,500.

For pasture, prime grade fell from £5,167 to £4,750, average grade from £4,333 to £4,250 and poor grade from £3,833 to £3,750.

Anecdotally there hasn't been very much farmland sold in Kent so far this year, which makes it difficult to say exactly where values are at the moment.

Andrew Shirley, head of rural land research at Knight Frank, said: "It would have been amazing if farmland had been able to totally buck the worsening economic climate that has affected all other property sectors."

"Values have now started to fall after rising rapidly in the first half of 2009 and briefly levelling off in the third quarter. The five per cent decline in average values across England during the final three months of 2009 was the largest in the history of the Knight Frank Farmland Index. Values rose sharply earlier last year because there was not enough land available to satisfy the pool of eager buyers."

"That imbalance, however, has now shifted with the number of active purchasers significantly reduced. Economic problems in their own countries mean the flow of Irish and Scandinavian farmers and investors has dwindled, despite a favourable exchange rate, while an expected drop in profitability this year is making UK farmers more cautious."

"Those 'lifestyle' buyers looking for an attractive rural home have been hit hard by the credit crunch and investors are also struggling to raise funds. Even those buyers with money to spend are standing on the sidelines waiting to see if the market drops further in 2009."

"We are predicting a further average fall of about six per cent with prices then levelling off before the end of the year. The farmland market should definitely prove more resilient than residential or commercial property."

"Despite an increase in volumes last year, the availability of land remains historically low and there is little evidence to suggest a flood of forced sales that could pull prices down dramatically."

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Rule changes should provide the extra will-power you need

■ BY TONY PATEY

WHERE there's a will, there won't be any problems. So says Kent lawyer Nicola Rostron, who warns that if you're not bothered about making a legal will to cover your worldly goods, think again.

New rules coming into force on February 1 could have damaging effects on the loved ones who survive you, she says.

Ms Rostron, an associate and senior solicitor at Furley Page, which has offices in Canterbury, Chatham and Whitstable, said: "The financial hardship, not to mention fractured family relationships, that can result from the absence of a proper will should persuade people once and for all against dying intestate.

"They need to be aware of what happens to their estate on their death, particularly to some of their assets such as jointly-owned assets; pension pots and life assurance policies which may not necessarily pass as part of the estate and could need particular attention when drafting a will."

When someone dies without leaving a legal will their estate is distributed according to strict statutory rules.

Statutory legacies are paid to surviving spouses or civil partners, the amount received dependent on whether or not the deceased is survived by children, or their children; by parents; or by brothers and sisters, or their children. From February 1 statutory legacies will



DEADLY SERIOUS: Not having a legal will as new rules come into force is folly, says lawyer Nicola Rostron

increase as follows:

- Where the deceased is survived by a spouse/civil partner and children, the level is doubled – from £125,000 to £250,000.
- Where the deceased is survived by a spouse/civil partner and parents or siblings but no children, the level is increased from

£200,000 to £450,000.

If the value of the deceased's estate falls below these levels, it passes entirely to a surviving spouse/civil partner, but if it exceeds the new limits, the rules are as follows.

Where the deceased is survived by a spouse/civil partner and children:

- The surviving spouse/civil partner takes the personal chattels and the first £250,000 together with a life interest in half the remainder.

- The other half of the remainder passes to the children of the deceased equally (and is paid to them when they reach 18.)

The half held on life interest for the surviving spouse/civil partner is also divided equally between the children when the survivor later dies.

Where the deceased is survived by a spouse/civil partner and no children but parents or siblings:

- The surviving spouse/civil partner takes the personal chattels and the first £450,000 and half the remainder.

- The other half of the remainder passes to the parents of the deceased equally or, if they have died, to the siblings of the deceased (or their children) equally.

- Where the deceased is survived by a spouse/civil partner and no children, parents or siblings the surviving spouse takes everything.

- Where only the children survive, they take everything equally but where there's no surviving spouse/civil partner or children there's a strict list of surviving relatives. In the event that no relatives are found, the entire estate passes to the Crown.

BUSINESS BRIEFS

Proud to set standards on international stage

EDWARDS Harvey, a PR and marketing consultancy with clients across Kent, has achieved internationally recognised quality management and customer service standards for the fourth consecutive year.

The consultancy, which is celebrating its 30th anniversary, has been awarded ISO 9001:2000 accreditation for both quality management systems and customer satisfaction.

The Maidstone-based company has also been re-accredited to the OHSAS:18001 standard for health and safety management.

Managing director Pip Clarkson said: "We're proud of this achievement. By having systems and processes that meet international standards, Edwards Harvey is demonstrating its professionalism.

"We believe in doing things properly and our accreditation is the result of the hard work and dedication of our staff."

The firm is regularly listed in PR Week magazine's best-performing top 150 consultancies in the UK.

FSB backs blueprint to provide jobs bonanza

FEDERATION of Small Businesses Kent and Medway chairman Roger House has backed the organisation's blueprint for tackling rising unemployment with a plan it reckons could create 400,000 jobs.

The FSB's five-point plan identifies promoting part-time working; investing in apprenticeships; simplifying legislation; giving small businesses more opportunities to bid for public contracts; and cutting payroll taxes as the key to unlocking the challenge of unemployment.

Mr House said: "The plan is going to be crucial in creating and retaining jobs during what is going to be a challenging year.

"We are calling for the Government to help small businesses to continue to invest in recruitment and training so they can grow stronger and more competitive, creating quality jobs and doing their bit to pull the UK out of recession as quickly as possible."

The FSB has 7,000 members in Kent.

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Picture ALAN BOURNE



CUP EXIT: Medway (red and yellow) return to league action this weekend after their cup defeat to Brighton

Brighton prove too strong for Taff's top boys

MEDWAY suffered their first defeat since the opening day of the season as they were knocked out of the EDF Junior Vase by a very strong Brighton side at Priestfields.

The 13-3 defeat ended a run of 14 successive victories for Taff Gwilliam's side, who found themselves outmuscled by the Sussex 1 leaders.

As good a season as Medway are having, their opponents on Saturday have done even better and have still yet to taste defeat this season. In the context of Brighton averaging more than 50 points

RUGBY

Medway 3 Brighton 13

per league game this season, the Kent 1 front runners could draw some consolation from keeping the result in doubt right up to the final whistle.

While the winners were only three wins from an appearance in the final at Twickenham, the cup competitions have only ever been of secondary importance to Gwilliam.

The priority is maintaining their irre-

sistible league form from the first half of the season to stay on course for a remarkable third promotion in as many years.

As they searched for a way past Brighton, Medway's title rivals took advantage of the opportunity to make up some ground. The division is increasingly looking a two-horse race between the Kent 2 champions and Old Gravesendians, who beat Sheppey 34-3 to get within two points of the leaders.

This Saturday, Medway get back to the league programme with a trip to mid-table Vigo.

Ladies right back into the swing of it

HOLCOMBE ladies blew away the cobwebs after a five-week winter break with a convincing win against Chelmsford 2nds on Saturday.

In a meeting of two of the East Premier's top four, the prolific Jennie Hoyte scored twice and another goal from Julia Axcell set up the 3-1 victory at Holcombe Park.

With leaders Cambridge City not in action, it allowed third-placed Holes to narrow the gap at the top to two points.

This Saturday, Mike Haines' side visit new leaders Dereham in what is sure to be a stern test of their title credentials.

The club's men resume on Sunday with a Kent Cup game at Old Bordenians.

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Yourkenttv goes behind the scenes at Lydden Hill for all the latest news

Ashes hero offers top class coaching

BUDDING wicketkeepers have the chance to improve their game with the help of Kent and England star Geraint Jones and county coach Simon Willis.

The Kent duo are staging specialist wicket-keeping skills courses during the February half-term break.

The club are giving boys, girls and adults the opportunity to train with coaches dedicated to improving techniques and skills.

Jones said: "We'll give every opportunity for those willing to work hard and push past their potential."

For details contact Roz Franklin, 01227 456886 or ross.franklin.kent@ecb.co.uk.

PLEASE SEND YOUR SPORTS STORIES TO SPORTS EDITOR GLENN PEARSON AT glenn.pearson@kosmedia.co.uk



PRECIOUS: Curtis Weston's goal netted a patched-up Gillingham three vital points on Saturday, a game missed by skipper Barry Fuller who was taken into hospital last week



Picture KEITH SLATER/ICORUPRO

Weston strike nets Gills crucial win in play-off race

FOOTBALL

■ BY DAVID PRITCHARD

Morecambe 0

Gillingham 1

Weston 19

more comfortable, particularly if Andy Barcham's header ten minutes into the second half had not been straight at the goalkeeper. In the end the visitors were thankful for Simon Royce's reflexes as the stopper tipped over Craig Stanley's late effort.

The game on a bumpy pitch in wind and rain was almost tailor made for Gills skipper Barry Fuller, but the full-back was back in Kent in a hospital bed. The 24-year-old was rushed to hospital last week with pneumonia and was not due to be released until this week.

Stimson said: "We just wish Barry all the best

Gillingham starting XI



Subs used: Southall for Oli 38, Payne for Mulligan 85, Cumbers for Jackson 90

and hope he recovers soon. From the way he sounded and after speaking to his family who said he'd lost a bit of weight already, I would have thought he would be out for two to four weeks at least.

"He's been brilliant all season and since he's had the armband it's taken him to another level. It's a big loss around the training ground because he's a bubbly character."

Gills were in action away to Port Vale last night, log on to www.yourmedway.co.uk for the report. On Saturday, Exeter City visit Priestfield.

Teen talent thanks Chats after his England call-up

FOOTBALL

BY DAVID PRITCHARD

PROMISING talent Michael Scott has thanked Chatham Town for their role in his development after being selected for England Schoolboys.

The 17-year-old beat thousands of fellow hopefuls as he progressed through a series of rigorous trials to reach the 18-man squad for the 2009 season, which will include a game at Wembley this summer.

Scott has broken into the first team at Maidstone Road this season and believes it has been critical to his success.

He said: "I think I've definitely grown a lot as a player at Chatham. Being around men like Richard Avery wises you up to the man's game. I think it helps my fitness playing with men because when I go back to playing at my age group you have a higher intensity. They've given me lots of opportunities."

Chats boss Steve Binks has given the teenager his chance and has seen a vast improvement in Scott compared to last season.

He said: "It's a fantastic achievement for him and couldn't have happened to a nicer lad. His attitude is spot on and he has really grown physically and mentally this season. I've no doubt it will be hard for us to keep him in the long term but for the moment he's happy at Chatham."



Picture ADRIAN LINE

ENGLAND CALLING: Chatham's 17-year-old Michael Scott (left) has made it in the national schoolboys squad

Scott, who is in the first year of sixth form at Maplesden Noakes School in Maidstone, will spend half-term on a week-long training camp in Villareal, Spain.

His first chance of making an international debut will come in the Centenary Shield, which begins with a game against Wales in March. The highlight is a game against France at Wembley in June.

If he plays the defender will follow in the

footsteps of Maidstone United's Chris Smalling, who was signed by Fulham after playing in the team last year.

On Saturday, Chats were desperately unlucky not to take anything from their game at Ryman North title challengers East Thurrock United. They looked to be heading for a goalless draw, but conceded in the last minute to lose 1-0.

This Saturday they host Enfield Town.

FOOTBALL



Picture KEITH SAITER

LEAGUE ONE: Former Gills skipper Andrew Crofts

Crofts is loving life back in League One

FORMER Gillingham skipper Andrew Crofts hopes he can make his loan move to Peterborough a permanent one after admitting he is enjoying life in League One.

The Chatham-born midfielder joined Posh in November after he was surplus to requirements at Priestfield under manager Mark Stimson.

Crofts was transfer-listed by the Gills in October after failing to hit the heights he had as a player at Gillingham while in the Championship and League One.

The midfielder appears to be back to somewhere near his best playing in front of Peterborough's back four and with his loan deal expiring at the end of the month, he's hoping to sign a contract with Posh.

He said: "I definitely want to stay but we'll just have to wait and see what happens. I'll speak to the manager and go from there. I'm still contracted to Gillingham until the end of the season and it's up to them what happens, but I would really like to stay here at Peterborough."

The 24-year-old waited around for almost a month before a team came in for him, but according to Crofts, Peterborough manager Darren Ferguson was interested in him for a while and there was only one place he would be going.

"I wasn't really bothered it took a while because I knew Peterborough were interested. I just had to bide my time and I'm happy I made the right move."

"I had some good times at Gillingham in which I played a lot of games and did well. It's my local club but I felt it was time to move on and when I knew Peterborough were interested I knew that was the one for me as the club is going in the right direction."

LEAGUE TABLES

COCA-COLA LEAGUE TWO

	P	W	D	L	Gd	Pt
1 Wycombe Wanderers	25	13	10	2	+18	49
2 Brentford	24	11	10	3	+14	43
3 Darlington	24	11	8	5	+18	41
4 Bradford City	25	11	8	6	+13	41
5 Bury	26	11	7	8	+9	40
6 Dagenham & Redbridge	24	11	6	7	+22	39
7 Shrewsbury Town	25	10	9	6	+18	39
8 Rochdale	24	10	9	5	+10	39
9 Exeter City	24	10	7	7	+4	37
10 Gillingham	24	10	7	7	0	37
11 Aldershot Town	23	10	5	8	-2	35
12 Lincoln City	25	8	8	9	+2	32
13 Chesterfield	24	8	7	9	+4	31
14 Notts County	25	6	10	9	-9	28
15 Macclesfield Town	24	8	4	12	-18	28
16 Port Vale	24	8	3	13	-13	27
17 Morecambe	24	5	10	9	-10	25
18 Chester City	25	6	6	13	-15	24
19 Rotherham United (-17)	24	11	7	6	+8	23
20 Accrington Stanley	24	6	5	13	-11	23
21 Barnet	25	4	8	13	-22	20
22 Grimsby Town	24	3	8	13	-22	17
23 Bournemouth (-17)	25	5	9	11	-11	7
24 Luton Town (-30)	25	7	9	9	-7	0

RYMAN DIVISION ONE NORTH

1 East Thurrock United	24	17	2	5	+25	53
2 Aveley	24	15	7	2	+26	52
3 Brentwood Town	24	15	5	4	+22	50

16 Maldon Town (-3)	22	8	5	9	-6	26
17 Thamesmead Town	25	6	6	13	-17	24
18 Chatham Town	25	7	2	16	-18	23
19 Ilford	23	6	1	16	-33	19
20 Waltham Forest	24	4	3	17	-29	15
21 Witham Town	22	3	4	15	-38	13
22 Hillingdon Borough	25	2	1	22	-51	7

KENT LEAGUE PREMIER DIVISION

1 Hythe Town	18	13	2	3	+21	41
2 Holmesdale	18	12	3	3	+23	39
3 Tunbridge Wells	17	11	1	5	+11	34
4 Horne Bay	19	11	1	7	+8	34
5 Faversham Town	16	10	1	5	+26	31
6 Erith Town	17	8	5	4	+13	29
7 Erith & Belvedere	16	9	2	5	+8	29
8 Greenwich Borough	16	9	1	6	+2	28
9 Deal Town 17	6	5	6	+5	23	
10 VCD Athletic	13	7	1	5	+15	22
11 Sevenoaks Town	17	6	4	7	-4	22
12 Croydon	14	6	2	6	+4	20
13 Norton Sports	16	6	1	9	-14	19
14 Slade Green	17	5	3	9	-6	18
15 Beckenham Town	19	4	2	13	-11	14
16 Lordswood	17	2	2	13	-23	8
17 Sporting Bengal Utd	19	0	0	19	-78	0

FIXTURES (Saturday): League Two: Gillingham v Exeter City; Ryman North: Chatham Town v Enfield Town; Premier Division: Lordswood v Faversham Town

Greyhounds' bark no match for bite of dominant Mos

ICE HOCKEY

Haringey Greyhounds 1 Invicta Dynamos 7

INVICTA Dynamos extended their winning run to nine league games with a comfortable victory over struggling Haringey Greyhounds.

The visitors had seven different names on the scoresheet to boost confidence ahead of this Saturday's showdown with league leaders Bracknell Hornets.

Head coach Kevin Parrish gave a debut to new signing Lewis Burke and the former Slough Jet almost scored on his first appearance on the ice, but his shot was well saved.

Despite propping up the division, the Greyhounds had given the Mos two tough games earlier in the season. The chances of a third evaporated inside the first period as the visitors raced into a 3-0 lead.

AJ Smith opened the scoring in the sixth minute following a neat one-touch move. It was followed five minutes later with a powerplay goal from Martin Melichercik after good work from Jack Tarczycki.

The Slovakian almost doubled his tally seconds later as his fierce shot smacked the post, but Phil Manny scored his first goal of the season to send the Mos in three goals up at the break.

Greyhounds netminder David Wride kept his side in the game with a series of smart stops early in the second period. He could not keep the visitors out indefinitely and goals from Milan Kostolny and Grant Baxter made it 5-0.



Picture ION KUROPO

COP THAT: Invicta Dynamos' Adam Copland added to his side's tally during the third period

The hosts pulled a goal back but never looked like threatening the Mos, who completed a routine win with goals in the third period from Laurence Billing and Adam Copland.

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Gills boss Mark Stimson talks about his January transfer targets

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